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Master Sgt. Patrick O'Reilly

Senior Airman Angela Shay

(left) Brig. Gen. Robert M. Blake, mobilization assistant to the director of current operations, deputy chief of staff for operations, Headquarters U.S. Air Force, Washington D.C., passes the wing flag to Col. Raymond A. Smith Jr. as he assumes command of the 445th Airlift Wing, Jan. 4, 2020.

(right) Airmen from the 445th Airlift Wing render a first salute to Col. Raymond A. Smith Jr. during an assumption of command ceremony, Jan. 4, 2020.

Smith assumes command of 445th Airlift Wing

By Stacy Vaughn 445th Airlift Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – Col. Raymond A. Smith Jr. took command of the 445th Airlift Wing during an assumption of command ceremony, Jan. 4, 2020 here.

Col. Smith comes to the 445th from U.S. Transportation Command where he served as the Chief of the Deployment and Distribution Operations Center at Scott Air Force Base, Illinois.

Brig. Gen. Robert M. Blake, mobilization assistant to the director of current operations, deputy chief of staff for operations, Headquarters U.S. Air Force, Washington D.C., presided over the ceremony as more than 1,000 military and community leaders, family and friends, gathered to watch Col. Smith take command of the wing. Col. Adam Willis, the previous 445th AW commander, took command of the 315th Airlift Wing at Joint Base Charleston, South Carolina, Dec. 7, 2019.

After assuming command, Col. Smith expressed his enthusiasm about taking command of the wing.

"I can't tell you how happy I am to be back at the 445th. It took over two decades for us to be assigned here the first time and now at close to 30 years we are receiving a second opportunity. The 445th is an award-winning organization with a reputation of getting the mission done. This reputation was earned from the hard work of our aircrews, maintainers, medical professionals, and our comprehensive mission support team. Our mission is as diverse as our members, and I am thrilled to be working with you again. I have come home in every sense of the word. I grew up just an hour away from Wright Patterson in Park Hills, Kentucky. Many of our family and friends are here today," Col. Smith said.

During his remarks, the colonel spelled out three

See NEW COMMANDER, page 6

FM Tip of the month — Military leave explained

Reserve Airmen earn leave while on orders that are 30 days or more. Performing annual tour does not earn leave.

You earn two and a half days of leave per month or a half day for every six days you are on orders.

You must be in duty status for 30 days in order to take leave, which means your orders must be for at least 33 days to take leave. You must work for 30 days which earns you three days of leave, so the orders must be at least 33 days).

If the orders are for 30 to 32 days, you must sell back the leave because this does not allow you to be in duty status for 30 days prior to taking leave.

Do not rely on the leave balance on your leave and earning statement (LES). Due to the leave processing procedures, sometimes, your leave balance will not accurately reflect your leave status. It is the member's responsibility to keep account of their leave status.

If you have any questions, call the 445th Airlift Wing Financial Management Office for verification. When calling, you must know the dates of the leave previously taken.

There are three parts to the Air Force Form 988, *Leave Authorization Form*

•Part I is the request for leave that must be signed by the member and the member's supervisor, and turned in to the financial management office to receive a leave authorization number.

•Part II is the member's verification copy. The member maintains this copy to show he/she is on leave.

•Part III is the leave close-out document that must be signed by the member and the member's supervisor confirming any changes or no change to the leave taken. This copy must be turned in to the FMO in order for the member's leave and tour of duty on orders to be closed out.

If the Part III is not turned in to the FMO in a timely manner, it can affect the close-out of the member's pay (mileage) or their ability to complete a travel voucher.

When a member takes leave the day before a holiday and the day after a holiday, the holiday will be counted in the leave taken, even if they turn in two separate leave forms omitting the holiday. If the member works the day before or the day after, the holiday will not be counted in leave days taken.

If you have any questions on military leave, please contact military pay at 445AW.payhelp@us.af. mil or 937-257-4397.

A&FR provides voter info for upcoming season

The 2020 Election Season has begun. Register to vote and request your absentee ballot at FVAP.gov.

The following states have elections in the next 90 days:

February 2020

February 11: New Hampshire (P)

February 29: South Carolina (P-Democratic Only)

March 2020

March 3: Alabama (P, S); Arkansas (P, S); California (P); Colorado (P); Maine (P); Massachusetts (P); Minnesota (P); North Carolina (P, S); Oklahoma (P); Tennessee (P); Texas (P, S), Utah (P); Vermont (P); Virginia (P)

March 10: Idaho (P); Mississippi (P, S); Michigan (P); Missouri (P); Washington (P)

March 17: Arizona (P); Florida (P); Illinois (P, S); Ohio (P, S)

March 24: Georgia (P)

March 29: Puerto Rico (P-Democratic Only)

March 31: Alabama (State Runoff); Arkansas (State

Runoff); Mississippi (State Runoff)

April 2020

April 4: Louisiana (P) April 7: Wisconsin (P) April 28: Connecticut (P); Delaware (P); Maryland (P, S); New York (P); Pennsylvania (P, S); Rhode Island (P)

P- Presidential Primary S- State Primary

To register and request your ballot, fill out the federal post card application (FPCA) using FVAPs easy online assistant at: https://www.fvap.gov/r3/fpca/state.

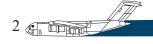
You may also use the fillable PDF at: https://www.fvap.gov/uploads/FVAP/Forms/fpca.pdf or pick up a hardcopy version from a Voting Assistance Officer on your installation.

Not voting in the states listed above? Find your states primary election dates on the FVAP.gov website

To find your state's election website for specific information on candidates, elections, contact information, and links to your local election offices, visit FVAP's contact page at: https://www.fvap.gov/info/contact.

If you would like more information on the Federal Voting Assistance Program, or need help with the absentee voting process, please go to FVAP.gov or call FVAP at 703-588-1584, 1-800-438-VOTE or DSN 425-1584 or email vote@fvap.gov.

(Article courtesy of the 445th Airlift Wing Airman and Family Readiness Office)



Meet our new commander

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – Col. Raymond A. Smith Jr. assumed command of the 445th Airlift Wing, Jan. 4, 2020.

Recently, our public affairs office sat down with Col. Smith and asked him some questions so we could all get to know him better.

Tell us more about yourself? I grew up in Northern Kentucky and went to Northern Kentucky University. Stephanie and I just celebrated 29 years of marriage, and have two children: Andrew, 20, studying at



Senior Airman Amelia Burnett

Rhodes College in Tennessee and playing lacrosse and Sarah, 18, a student at Florida State. We are both from large families. I am the second of eight, and Stephanie is the oldest of five. We met because our sisters were friends. I'm

the only one who moved away. All our siblings live in Northern Kentucky.

What was your former position? I was the chief at the Deployment and Distribution Operations Center at Scott Air Force Base, Illinois which is the 24/7 focal point and communications center for major unit movements under U.S. Transportation Command. We monitored the progression and efficiency of major military unit movements being transported through the defense transportation system. For example, if the army or marines have to move their forces anywhere in the world, we would monitor their air, land and sea movements in order to meet National Command Authority objectives. Additionally, we were TRANSCOM's point of contact for crisis action response. We ensured communications remained open with the Office of the Secretary of Defense, global combatant commands and joint staff in order to rapidly respond during a crisis.

What do you like to do in your free time? I enjoy many outdoor activities such as hiking, biking and running. And I love snow skiing. I also like to travel

and spend time with friends and family.

What is something you consider a strength? I think I am good at seeing people's talents, and finding the right opportunities for them to grow at the right time.

What is something you would like to work on? Sometimes I find that I spend too much time in the office, behind a desk. My goal is to get out from behind my desk so I can learn our Airmen's needs. I would like to spend time out of the office, in the units and around our Airmen.

What is something people would be surprised to learn about you? As a child, I was afraid of heights. I think it's kind of funny considering I'm flying planes now. And I've never been on a horse. I'm not afraid to ride a horse. I've just never been on one.

What are your goals for the new year? I have four goals for the new year: 1) Complete C-17 senior qualification course; 2) Work with 445th vice commander to facilitate a smooth transition and allow him to return to his civilian employer (This is important because I want people to know that when they raise their hands for the commitment, we're going to get them, train them, let them grow with us and give them back to their civilian employers as quick as we can.); 3) I'd like to gain understanding of each squadron through immersion briefs and commander engagements; and 4) Build a strong relationship with military, community partners and honorary commanders.

What are you most excited about in your new position? I am excited to have the opportunity to return to an award-winning organization with a reputation

of excellence, rekindle previous relationships and forge new ones, and work with the greater Dayton area community partners all while having the chance to live closer to our supportive families.

Mission Ready!



Master Sgt. Patrick O'Reilly



Load planners perform final checks, balances

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

Before any aircraft can take flight, each person and every piece of cargo must be carefully calculated to ensure appropriate weight distribution. Not only is this important for optimum fuel burn, it's paramount to safety. An unbalanced aircraft with too much weight in the tail end, for example, may drag the ground on the runway.

"An improperly loaded plane could lead to disaster during takeoff or in-flight," said Master Sgt. Jon Webber, noncommissioned officer in charge of load planning, 87th Aerial Port Squadron.

Load planning, a duty section within aerial port squadrons across the Air Force, is responsible for coordinating the movement of every piece of cargo awaiting military airlift on Air Force planes.

Webber is one of currently seven certified load planners in the 445th Airlift Wing. Obtaining load planning certification requires extensive training in hazardous material handling, unit airlift, joint service inspections of cargo and vehicles prior to airlift, as well as use of the online system for generating the digital load plans.

After completing the courses, on-the-job training ensures that new load planners are intimately familiar



Senior Airman Angela Shay

Tech Sgt. Taylor Shaw, load planner, 87th Aerial Port Squadron, reviews a load plan with Senior Airmen Jason Turner and Gabriel Clark, both ramp operations specialists with the 87th APS. The load plan is an essential tool in making sure cargo is balanced, safe and air-worthy before for any C-17 Globemaster III flight.



Staff Sgt. Dakota Coniglio, ramp operations specialist, 87th **Aerial Port** Squadron, pushes an air transportable galley-lavatory onto a C-17 Globemaster III. The ramp operations duty section works closely with the load planning duty section, to safely and quickly airlift cargo and people in support of Air Force missions.

1st Lt. Rachel Ingram

with the specific type of aircraft assigned to their base.

"It isn't a role where someone else can just come fill in if we are short-handed," Webber explained. "Each aircraft model has its own limitations and load planners have to consider the height and width of the aircraft interior, the capabilities of the floor rollers and locking systems, the pitch of the loading ramp, and more."

Expertly trained in organizational skills and attention to detail, load planners are the final quality control checkpoint in the military airlift process. Cargo awaiting airlift is selected for airlift based first on its destination, then on its priority level, and finally on its time system-entry time, or the length of time it has been in queue.

"The guys out there are the ones physically putting cargo onto the plane, but they don't know what to load, where to put it, and when to load it unless a load planner gives the directions," Webber said. "It's all part of a team effort to make sure every piece of cargo reaches its destination as quickly and safely as possible."

Around the wing...





Senior Airman Angela Jackson

Senior Airman Amelia Burnett

(left) Col. Raymond A. Smith Jr., 445th Airlift Wing commander, passes the guidon to Col. Donald Wren as he assumes command of the 445th Mission Support Group, Jan. 5, 2020. The 445th MSG consists of five squadrons that support the wing's mission.

(right) Tech. Sgt. Lawrence Mark, 445th Aeromedical Evacuation Squadron aeromedical evacuation technician, and 2nd Lt. Amanda Hostetter, AES flight nurse, conduct an inventory of medical equipment, Jan. 5, 2020. The flight nurse and med tech ensure drug kits have all the medicine and supplies needed to treat patients during medical evacuation missions.







Staff Sgt. Ethan Spickler

(left) Staff Sgt. Chris Hanson and Airman 1st Class Chloe Holmes, Air Force Band of Flight musicians, perform during the 445th Airlift Wing assumption of command ceremony, Jan. 4, 2020 at Wright-Patterson Air Force Base. (right) Airman 1st Class Clayton R. Langston (left) and Staff Sgt. Charles H. Swaim (right), aircraft structural maintenance technicians, with the 445th Maintenance Squadron, prepare a newly received aircraft panel to be installed on a C-17 Globemaster III, Jan. 5, 2020, at Wright-Patterson AFB, Ohio. The new panel will protect the structure of the aircraft from debris and wear.

SPOTLIGHT



Master Sgt. Patrick O'Reilly

Rank/Name: Senior Airman

Leslie Smith

Unit: 445th Maintenance

Squadron

Duty Title: Non-destructive Inspection Journeyman

Hometown: Middletown, Ohio

Civilian Job: Non-destructive Inspection Air Reserve Technician

Education: Bachelor of Arts degree in psychological science from Miami University, Ohio

Hobbies: Spending time with family and friends, traveling and eating at restaurants featured on the television show, *Diners*, *Drive-ins* and *Dives*

Career Goal: To be a school counselor

What you like about working at the 445th?: I enjoy getting to

know the people who I work with in the Reserve. Everyone has different military backgrounds and it is neat to hear about their experiences. There are a lot of good people here to grow and learn from.

Why did you join the Air

Force?: When I joined the Air Force the first time, I was not sure what I wanted to do. My mom suggested that I talk to an Air Force recruiter so I did. It was the best decision I've made. I have met some of the most important people in my life and have so many great experiences to look back on. When I joined the Reserve I knew what it meant to be a part of the military, and I wanted to serve again.

NEW COMMANDER, from page 1

key areas that he wants to focus on as the new commander of the wing, areas he deemed crucial to the men and women of the 445th Airlift Wing.

"There are a few things I want to make sure we get right. One of those is that we need to make sure the 445th remains a place where people treat each other with dignity and respect.

The second thing that we must get right is that you have well prepared training plans and that all your training is meaningful because I'm asking you to leave your families and come here and drill.

The third thing is I need to make sure that you know you are appreciated for what you do and that your family is appreciated for their sacrifices.

Employers need to understand what their roles and com-



Senior Airman Amelia Burnett

mitments to our service are. To do this we're going to continue to do great things like having family days and bosses days, and all those things that bring the community together so you can go back and share what those responsibilities are and how those employer partnerships play a role in defense of our nation."

Smith, in his new role as commander of the 445th AW, commands 16 units with an inventory of nine C-17 Globemaster III aircraft and approximately 2,000 personnel.

The wing provides world-wide movement of high priority personnel and cargo. Missions range from local pilot proficiency training, aeromedical evacuation and worldwide strategic airlift, to night vision goggle and low-level, short-field assault operations.



News Briefs

Promotions

Airman First Class

Kenzie Baker, 71 IS Emily Snedegar, FSS

Senior Airman

Billy Crossley, OSS Nicholas Fannin, MXS Markia Frye, FSS Niara Jefferies, 63 IS Drew Huskey, 87 APS Jonathan Oliveras Mallen, SFS Kevin Pargeon, AMXS Andrew Spicer, MXS Krista Tungett, SFS Kyle Valerio, 718 IS Brant Washburn, SFS

Staff Sergeant

Adam Berry, 512 IS Raven Colemanbrooks, 512 IS Aiesha Hooper, 512 IS Dylan Lewislee, 87 APS Dustin Seelig, 87 APS Michael Thompson, 87 APS Jeffrey Veness, AES Davis Woods, 38 IS

Technical Sergeant

Adriel Anderson, 38 IS

Brent Bakazan, AMXS Roselys Baugh, FSS Devon Booker, 63 IS Ronnie Brinkley, 87 APS Jason Burgstiner, 49 IS Gethro Cabading, 38 IS Kristopher Culbertson, 49 IS Jarrad Faulkner, CES

Jarrad Faulkner, CES Justin Jackson, 23 IS Christopher Jeffers, 87 APS

Daniel Mathews, 16 IS Matthias Opitz, 87 APS Karen Ricketts, 87 APS Teri Robbins, 28 IS Ryan Stark, AMXS Aaron Williams, 87 APS

Master Sergeant

Joshua Eldridge, 445 OG Toron Franklin, AMXS Joshua Sharp, AMXS

Retirements

Maj Gregory Handley, FSS SMSgt Denise Roberts, 89 AS MSgt Gary Glaze, CES MSgt Roger Lambalot, FSS MSgt Anthony Phillips, CES MSgt Matthew Tollefson, 820 IS

Newcomers

Lt Col Steven Rotz, 64 IS Lt Col Damund Williams. **655 ISRG** 1st Lt Megan Busellato, ASTS MSgt Alisha Meyers, 655 TSgt David Ashworth, **AMXS** TSgt Jillian Botteicher, ASTS SSgt Brian Hilliard 64 IS SSgt Nathan Kolvek 87 SSgt Justin Stephens LRS SrA Mary Czarnecki, **ASTS** SrA David Lewis, CES SrA Marcala Mitchell,

SrA Diego Weithoner, AES Amn Kenzie Baker 71 IS AB Quinn Creager, AMDS AB Amanda Guzman, FSS AB Luis Ramirez-Rosado, AMXS AB Faith Schuster, AES

Buckeye Flyer

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445th Annual Awards Banquet date announced

The 445th Airlift Wing Annual Awards Banquet will be held March 7, 2020 at the National Museum of the United States Air Force. The reception is slated to begin at 6 p.m. and the program at 7 p.m.

A medallion ceremony will be held at 5 p.m. to formally recognize all nominees.

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

during the banquet.

Reservations can be made at: https://einvitations.afit.edu/inv/anim.cfm?i=494164&k=066846087D53 with a credit or debit card.

LRS

The cost is \$40 for adults; \$20 for children 6 to 10; and children 5 and under are free.

Reservations made using cash and check payments must be made in person in the public affairs office, building 4010, room 171.

All reservations must be received by Feb. 14, 2020.

To ease the check-in process, all attendees will have assigned

tables. Unit tables will be designated. If you'd like to sit with someone who is not registered as your guest, please let us know via email at 445aw.pa2@us.af.mil no later than Feb. 23 (Sunday of the Gray unit training assembly).

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

Please call the public affairs office at 937-257-5784 if you have questions.



Setting goals supports psychological health Begin new year with clean slate

By Jennifer Marquez 445th Airlift Wing Director of Psychological Health

It's a new year and for some that means a clean slate to set some personal goals or the more cliché term, resolutions.

Personally I like setting "goals" as opposed to "resolutions." To some these terms may seem interchangeable but they are not. A resolution is a firm decision to do or not do something. A goal is the object of a person's ambition or effort; an aim or desired result.

Goals also tend to be more personal and therefore offer a greater reward. For example, a goal to achieve advancement at work or obtain higher education. These goals are personal, achievable, obtainable and realistic.

Now for resolutions; maybe the most common resolution of achieving a healthier weight. Sounds familiar right? Ever notice that if you are a habitual gymgoer that the months of January and February are the busiest of the year? Why? Because New Year's Day and with New Year's Day the tradition of resolutions. But have you ever noticed as a habitual gymgoer that by March the number of people in the gym has dwindled down to the faithful attendees before the New Year?

While there are many benefits to a healthier physique, if going to the gym and eating healthier doesn't become a habit, the resolution made goes by the waste side. And because it was a resolution the innate feeling of failure isn't there.

However, if achieving better health and setting

obtainable goals such as small dietary changes or integrating a walk on your lunch break for physical exercise, an individual can feel the difference and ad-

just the goal to a bigger or smaller aim.

And there you have it, you just achieved a goal by making a small change to your routine or habitual schedule. And because the result is felt or seen, you may be more inept to set bigger goals.

Achieving goals can give you a dopamine boost, a feel good neurotransmitter that will improve your overall psychological health.

Are you ready to set some goals but don't know where to start? Here are some pointers for getting started:

•Start small. Depending on what you want to focus on, make

a small and reasonable change. This is important to keep goals small and obtainable so you don't experience a negative effect and feelings of failure.

•Check in frequently with the goals you have set for yourself. What is the time frame you've initially started with and where are you now? Remember to be flexible and give yourself more time or adjust if needed

•Don't forget to reward yourself for any goal achievement. Rewarding yourself reinforces the dopamine effect and supports the positive achievement and change.

For more support on goal setting please feel free to call your wing DPH at 937-257-6267 or 937-701-1124 or visit in building 4010, room 166.

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