

BUCKEYE FLYER

Wright-Patterson AFB, OH

Volume 59, No. 3

March 2020

Ops, maintenance train in San Diego



Photos By Master Sgt. Patrick O'Reilly

Mission ready Airmen

More than 160 members from the 445th Operations and Maintenance Groups travelled to Naval Amphibious Base Coronado, San Diego, California, Feb. 12 - 18, 2020 to perform annual tour. Citizen Airmen perform AT to remain proficient in their career fields and mission ready at all times. The training included water survival; survival, evasion, resistance and escape (SERE); low altitude flying over the Grand Canyon; aeromedical evacuation training; and a maintenance exercise that consisted of a hydraulic fuel spill and job knowledge.

1. Members of the 445th OG brave waters of the Pacific Ocean during water survival training, Feb. 13, 2020.
2. (left to right) Master Sgt. Eric Riehle, Tech. Sgt. Steven Dornbos and Capt. Jeremi Eveland, 445th Aeromedical Evacuation Squadron, practice caring for a patient, Staff Sgt. Thomas Cackowski, 445th AES, during a simulated inflight medical emergency, Feb. 14, 2020.
3. First Lt. Cecilia Photinos and Maj. Scot Crowell, 89th Airlift Squadron, C-17 Globemaster III pilots, receive fuel from a McConnell Air Force Base KC-135 Stratotanker, Feb. 14, 2020. C-17 pilots must conduct an aerial refueling every 60 days to maintain currency.
4. Staff Sgt. Nicholas Beatty, 445th Maintenance Squadron, installs a tire on a C-17, Feb. 13, 2020. The maintainers change five to seven tires per week based on the flying schedule of nine aircraft. Each C-17 has 14 tires.

FM Tip of the month – DTS voucher returns

The top reason for Defense Travel System (DTS) voucher returns is the inability of the reviewing official (RO) to see documents, such as orders, modifications, receipts and flight itineraries.

During the DTS update process, an *Uploads* section was created on the *Expenses* page, which allows Airmen to upload all documents before assigning them as an expense or a substantiating document.

In order for ROs and approving officials (AOs) to see travel documents, those documents have to be added as an expense under the *Reservation Expenses*, *Other Expenses* or *Substantiating Documents* sections of the *Expenses* page.

If documents are not added correctly, the voucher will be returned for correction(s) with a remark similar to, "Add orders and all supporting documents/receipts to the substantiating documents section of the expenses page. Voucher cannot be properly audited without orders."

AOs and ROs cannot see documents attached to the *Uploads* section.

When the traveler has chosen the appropriate type of expense in the *Reservation Expenses* section or the *Other Expenses* section, they have the option to attach the corresponding receipt with that expense to those expense sections.

Any and all documents can be attached to the *Substantiating Documents* section by selecting the *Add Document* button and a list of the documents saved in the *Uploads* section will appear, allowing the traveler to choose which documents to add.

It is recommended that the traveler give each document/receipt(s) a name and save them to a location on their computer so that it is easily identified and can be added to the *Uploads* and the appropriate *Expenses* page.

It is important to have a valid receipt. Per policy, travelers must provide receipts for any lodging expense regardless of cost and any expense of \$75 or more.

Receipts must be legible. If ROs and AOs cannot read a receipt, the voucher will be returned so the traveler can attach a better copy. Receipts must be itemized and show payment. A credit card or bank statement does not qualify as a valid receipt; neither does an itinerary created in DTS or a reservation summary.

A valid receipt must contain the name of the company, date, unit price of the item/service and show that the total amount due was paid.

Travel charge card statements do provide proof of payment, but it does not provide the level of detail required, such as itemized costs.

The title of the receipt does not matter as long as it meets the requirements above. It may be called an invoice, an itinerary, or notice, for example.

Remember, a valid receipt must show payment, and receipts must match the claim on the voucher.

Any questions about DTS can be directed to the 445th Airlift Wing Reserve Pay Office's organization box at 445FM.dtshelpdesk@us.af.mil.



Buckeye Flyer

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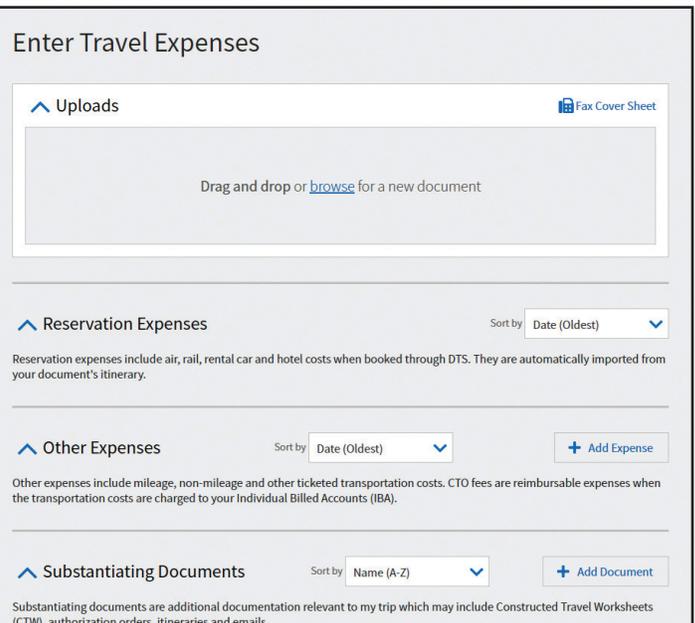
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U.S. Government Printing Office
5-00001-445AW



Screenshot of Defense Travel System Expenses page. The Expenses page allows the traveler to upload supporting documents such as a travel order. Expenses such as hotel and airfare can be put in manually or booked through the DTS website.



Look out, motorcycles on the move

By Master Sgt. James Lide
445th Airlift Wing Safety Office

As we come to the end of the winter months, motorcycle riders will start hitting the road. As these motorcyclists hit the streets, we urge drivers and motorcyclists to share the road and be alert.

According to Ohio State Highway Patrol, in 2018, there were 996 fatal crashes in Ohio and 144 of those crashes involved motorcyclists. Educating both motorists and motorcyclists is key to helping reduce these crashes.

Generally, motorcycles are smaller than automobiles, and often more difficult to spot in traffic and can be hidden by other vehicle or roadside obstacles.

Automobile operators are asked to consider the following actions when driving:

- Watch aggressively for motorcycles, search the traffic constantly and expect to see motorcycles.
- Check blind spots before changing lanes or merging.
- Look twice at intersections and before turning or pulling out.

Remember, motorcycles can easily be hidden in traffic.

Motorcyclists can help with visibility by following the safety guidance in *Department of Defense Instruction 6055.04, DoD Traffic Safety Program*, such as using helmets, eye protection, foot protection, protective clothing (riders are encouraged to select personal protective equipment (PPE) that incorporates fluorescent and retro-reflective material).

Additionally, motorcyclists should be aware that other motorists have not seen motorcycles on the road for months and many have forgotten that they share the road with motorcycles when spring arrives.

Riding in early spring brings unpredictable road conditions. Be aware of hazards you may encounter; hidden ice, snow melt, pot holes, salt and/or sand.

As we prepare our motorcycles for the road this spring, remember the Motorcycle Safety Foundation's pre-ride inspection checklist T-CLOCS (Tires/Wheels, Controls, Lights, Oil, Chassis and Stand).

As responsible motorists and motorcyclists, we must take the proper steps to ensure the safety of all traveling on the roadways. Do not forget to look twice this spring for motorcycles on the move.

Self-compassion increases emotional resilience

By Ms. Jennifer Marquez
445th Airlift Wing Director of Psychological Health

Have you ever noticed that someone is going through a difficult time, and though you may not know what it is, there is this innate desire to help in some way?

Without judgment, you offer to support the person, or ask if they are OK. In doing so, you have acknowledged this person's suffering and also that you want to understand what they are going through. This is the practice of being compassionate toward another person.

Compassion may come naturally to some but self-compassion can be a challenge. The reason for this could be that you are usually in a role to care for others, you may sometimes fail to notice the dif-

ficulties that you are dealing with, and to approach those difficulties with the same compassion you would offer to another person in the same turmoil.

Self-compassion is being kind to yourself, negating any negative self-talk or bashing such as "I'm a failure. I'm an idiot. I'm worthless."

Self-compassion is being in the moment without judgment, much like mindfulness. Mindfulness is about being present while being receptive to thoughts and feelings as they are.

You didn't get that promotion and you missed an important event for a family member; does that make you a failure, or an

idiot, or worthless? Of course not. It makes you human. Everyone is imperfect and experiences difficulties. Embrace your humanness and humanity by being kind to yourself.

This is not about your self-esteem, this is about increasing emotional resilience through understanding that you deserve compassion based on being human not on external factors.

If the next time you experience a difficulty your "go-to" is to criticize yourself, remember to pause and acknowledge that you are human and deserve to be treated as you would treat another person in the same situation.



Six 445th, 655th Airmen selected for colonel

Headquarters Air Reserve Personnel Center officials announced results for the Calendar Year 2019 Air Force Reserve Line and Non-Line Colonel Promotion Selection Boards Jan. 31, 2020. The boards selected more than 190 Citizen Airmen for promotion.

The selection boards convened at ARPC October 21-25, 2019, to determine those officers best and fully qualified to assume the next higher grade. Board members selected 192 of 1,531 officers considered.

Four officers from the 445th

Airlift Wing were selected: Michael Baker, 445th Operations Group; Theodore Liszeski, 445th



Aerospace Medicine Squadron; Janene Luff, 445th AMDS; and Scott Williams, 445th Aeromedical Staging Squadron.

Two officers from the 655th In-

telligence, Surveillance and Reconnaissance Wing were selected: Jeff Derr, 16th Intelligence Squadron and Ben Smallwood, 14th Intelligence Squadron.

Air Force Reserve promotions to the grade of colonel require Senate confirmation. After Senate confirmation, officers will be promoted in increments announced by HQ ARPC/PBO.

A complete list of Airmen selected for promotion is available online by visiting the Air Reserve Officer Promotion page on myPers.

MXG conducts mega training, saves valuable time

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

The 445th Maintenance Group conducted mass training Feb. 9, 2020, at Wright-Patterson Air Force Base.

The MXG, comprised of the 445th Maintenance and 445th Aircraft Maintenance Squadrons, is responsible for maintaining the operational capability of the wing's nine C-17 Globemaster III aircraft.

With that level of responsibility and the time commitments that accompany it, Airmen in the maintenance career fields may have difficulty finding time to focus on their own personal training and development.

To circumvent this possibility, the 445th MXG conducts annual mass training events to ensure that Airmen are up to date on their required education and safety standards.

"With this training, we accomplish in a day what would take significantly longer if we didn't consolidate," said Master Sgt. Lisa Quinn, the 445th MXG group training manager.

"Obviously there will be work specific training and other training requirements for each individual, but we are able to use mass training to condense large quantities of the information that everyone needs and distribute it in an effective manner."

Not only does mass training allow Airmen to check their own developmental boxes but it also seems to

assist the development of Airmen as a group. The amount of resources and time this process saves is undeniable.

"We conduct this mass training because it eliminates the need to sit all of these Airmen behind a computer," said Quinn, "We save countless hours by conducting training in this way.

There are approximately 400 Airmen in the group who need this training, so getting them all together at once streamlines the process and maximizes our efficiency."

In addition to the resource management aspect and the developmental aspect of mass training, there is also a positive byproduct of activities that bring large groups of Airmen together. Mass training creates an environment that encourages teamwork and communication.

"You see groups of shops working together and communicating," said Tech. Sgt. Austin Schutte, a unit training manager with the 445th Operations Group.

Schutte helped the MXG form their lesson plans and introduced several lessons during the event.

"I believe that this is a morale builder. It networks the shops and gets Airmen who are spread out to get together. It's a training event that doubles as a team building event," Schutte said.



Staff Sgt. Ethan Spickler

Airmen with the 445th Maintenance Group participate in CPR training Feb. 9. 2020.



Around the wing...



Senior Airman Angela Jackson



Senior Airman Angela Jackson

(left) Senior Airman Derrick Humphrey, 445th Security Forces Squadron, and a fellow SFS Airman, neutralize targets with simulated live rounds at the Warfighter Training Center, Wright-Patterson Air Force Base, Ohio, Feb. 8, 2020. The hands-on training was part of quarterly shoot, move, communicate training.

(right) Senior Master Sgt. Bethany Medina, 445th Aircraft Maintenance Squadron first sergeant, presents the November 2019 Diamond Sharp Award to Airman 1st Class Grace Stewart, 445th Operations Support Squadron commander support staff administration helper, during the Feb. 9, 2020 unit training assembly. The award is for exemplary performance, adherence to the Air Force Core Values, attitude, appearance and ability.



Mr. Darrell Sydnor



Mr. Darrell Sydnor

(left) Master Sgt. Sierra Williams, 445th Force Support Squadron NCO in charge of customer support, receives a commander's coin from Col. Donald Wren, 445th Mission Support Group commander, Feb. 19, 2020 at Wright-Patterson Air Force Base, Ohio. Williams provided quick turn military personnel flight action for a sensitive matter in support of 445th members and their families.

(right) Airman Luis Ramirez-Rosado, 445th Aircraft Maintenance Squadron crew chief, attaches an engine cover to a C-17 Globemaster III engine, Feb. 19, 2020 at Wright-Patterson AFB. Ramirez-Rosado recently graduated from technical school and is getting on-the-job training to be more proficient as a crew chief.



SPOTLIGHT



Master Sgt. Patrick O'Reilly

Rank/Name: Tech. Sgt. Christian E. De La Cruz

Unit: 445th Aerospace Medicine Squadron

Duty Title: Aerospace Medical Technician

Hometown: Union City, New Jersey

Civilian Job: Aerospace Medical Technician Air Reserve Technician

Education: Associate degree in veterinary technology, Bradford School, Columbus, Ohio

Hobbies: Woodworking, hiking, running, playing soccer with both my boys

Career Goal: Continue military career and commission into the U.S. Air Force Reserve

What you like about working at the 445th?: I really enjoy being able to provide care to the members and the responsibilities that have been given to me in order to help keep the medical mission going for the 445th Airlift Wing.

Why did you join the Air Force?: To provide a better life for my family and serve my country while doing so. I love the structure and relationships that the military provides.

SFS trains with Navy SEALs

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

During a two-week, scenario-based training, 16 members of the 445th Security Forces Squadron learned advanced combat, firing and driving tactics from Navy SEALs at Melrose Air Force Range, New Mexico.

“Those guys can clear an entire building without ever speaking a word,” said Staff Sgt. Tyler Cupp, fire team member. “That’s the level the SEALs are on with their skills and teamwork.”

The SEALs host the field exercise as an opportunity to hone the skills they need to train ally forces overseas. This year, the 445th SFS integrated with three other Air Force Reserve Command security forces squadrons to stand in as trainees.

“Much of the training is already parallel to what we routinely do, but some of the other tactics the SEALs introduce we can take back to implement in our future

training,” said Tech. Sgt. Michael O’Callaghan, fire team leader. O’Callaghan also participated in Operation Trident with the Navy SEALs and the 445th SFS in 2017.

The training provides opportunities to practice with equipment not always readily available at Wright-



Patterson Air Force Base, like UH-60 Black Hawks, MV-22 Ospreys, Humvees, and mine-resistant, ambush-protected all-terrain vehicles.

In one of the training segments, Cupp and others had to drive tac-

tical vehicles through a course while completely blindfolded. To get through the course without crashing, the driver relied solely on verbal directions from the gunner up above.

“You don’t have a choice but to trust what your partner is saying,” Cupp said. “That type of communication and trust carries over into some of the really critical tasks we need to execute in our mission.”

Another main training element throughout the exercise was night operations.

“They planned elaborate, real-world scenarios with simulated towns and actors that we had to locate and engage,” said Airman 1st Class Ryan McCarty, fire team member. “We had guys diving through windows.”

The 445th Security Forces Squadron plans to attend Operation Trident with the SEALs again in future iterations.



News Briefs

Promotions

Airman

Jonah Crawford, AMXS
Brian Graves, 87 APS
Joshua Johnson, AES
Caleb McWilliams, AMXS
Joseph O'Bryan, CES
Luis Ramirezrosado, AMXS
Mikayla Walton, 38 IS

Airman First Class

Amanda Guzman, FSS
Velarie Velasquez, FSS
Myia Weaver, FSS

Senior Airman

Dylan Campbell, 42 IS
Seth Day, 38 IS
Christopher Epps, 38 IS
Jonathan Fairchild, 23 IS
Nathan Gladish, AMXS
Megan Hartley, CES
Sicily Leiter, 87 APS
Eric Lovingshimer, AES
Oscar Moreno, 38 IS
Joshua Roblesestrella, MXG
Samuel Werrbach, 38 IS
Janna West, 87 APS
Kelsey Wezel, 14 IS

Staff Sergeant

Kevin Arnold, CES

Matthew Jones, CES
Gregory Manuel, 42 IS
Paula Newman, SFS
Jessie Pangrac, 42 IS
Vianca Pitts, 28 IS
Christopher Roberts, FSS
Leslie Smith, MXS
Olivia Smith, 28 IS
Kristen Snyder, 16 IS
Jean Marc Tingbo, CES

Technical Sergeant

Zachary Banks, 87 APS
Jack Davis, 655 ISRG
Jared Dexter, FSS
Matthew Duke, 87 APS
Meaghan Holley, 71 IS
Sheldon Marquez, 50 IS
Ryan Randolph, 28 IS
Brittney Rayman, 38 IS
Brittany Saiers, 718 IS

Master Sergeant

Ryan Atteberry, 820 IS
Sara Bowles, 38 IS
Sommer Gifford, 38 IS
Mark Hubert, 42 IS
Andrew Price, 71 IS
Tyler Salsburey, 89 AS

Senior Master Sergeant

Jennifer Boggs, CES
Marc Lee, MXG
David Merlo, CES
Jeffery Vaughn, 89 AS

Chief Master Sergeant
Daniel Musselman, 820 IS

Awards

Meritorious Service Medal

Lt Col Donald Seibert, AMDS
CMSgt Scott Bunch, AMXS

Air Force Commendation Medal

TSgt Harvey Eubanks, 87 APS
TSgt Robert Hughes, MXS

Air Force Achievement Medal

Lt Col Michael Policastro, ASTS

Newcomers

Lt Col George Dimichele, OSS
2nd Lt Charrane Booker, ASTS
2nd Lt Neil Ehmig, AES
TSgt Demetric Rone, LRS
SSgt Michael Blocker,

LRS
SSgt Joshua Bow, SFS
SSgt Bernadita Vega, AMDS
SSgt James Slaughter MXS
SrA Joshua Glass, MXS
SrA Christopher Lewis, AMXS
SrA Kenneth McCoy, SFS
SrA Austin Taylor, CES
A1C Keisha Neace, AES
A1C Kelsey Wezel, 14 IS
A1C Sidney White, MXG
Amn Jalen Daniels, LRS
AB Tryvon Martin, 655 ISRG
AB Zane Standridge, CES

Retirements

Lt Col Donald Seibert, AMDS
SMSgt Michael Wilson, 50 IS
MSgt Brian Childers, 87 APS
MSgt James Robinson, AMXS
TSgt Jeffrey Lum, 50 IS

FSS to host 3-on-3 basketball tourney

The 445th Force Support Squadron Services team will host a 3-on-3 basketball tournament April 4, 2020, at 3 p.m. at Jarvis Gym. All 445th Airlift Wing members are invited to participate.

Teams must be registered before noon on April 4. To register for the tournament, please contact Tech. Sgt. Stephan Hall at sbhall0896@gmail.com or Tech. Sgt. Jermaine Wade at jermaine.wade@us.af.mil or call 937-257-7688.

Appropriate gym shoes and civilian attire are required.

The following rules apply to the tournament:

1. Each team must have four players on their roster and be registered as a team by the pre-determined

entry deadline. Additions and/or changes on rosters will not be permitted under any circumstance after the entry deadline.

2. Players may appear on only one team roster for each tournament. Any player appearing on more than one team roster may be disqualified from participation in that tournament.

3. Co-ed teams will automatically be scheduled in a male division using this same criteria.

4. Players must be prepared to show identification throughout the tournament weekend.

5. No replay of games or adjustments will be allowed for previous contests and standing involving the team in question.



Election year: what you need to know

445th JA offers guidance to Citizen Airmen

By Lt. Col. Ryan Albrecht
445th Airlift Wing Judge Advocate

The political ads on TV and emergence of candidate yard signs lining the streets can mean only one thing - election season is upon us!

Defense Secretary Mark Esper recently reminded Department of Defense personnel that, "Maintaining the hard-earned trust and confidence of the American people requires us to avoid any action that could imply endorsement of a political party, political candidate or campaign by any element of the department."

The DoD policy remains to encourage DoD personnel to carryout the obligations of citizenship; however, civil servants and military members are held to a high standard and certain restrictions apply.

Generally all members, active duty or Reservists, may vote, encourage others to do so, display a political bumper sticker on their personal vehicle, express personal opinions, and even write letters to the editor on a candidate or issue (remember: if the letter reasonably identifies you as a military member, then you must clearly state that the views expressed are your own and not those of the Air Force or DoD).

When not in military status or uniform, members may also join a political club and attend meetings, wear a political button or t-shirt, and contribute to a campaign. *DoDD 1344.10 and AFI 51-508, para. 2.3.*

Reservists have a bit more leeway. Provided they are not in uniform or on orders, and do not otherwise act in a manner that could reasonably give rise to the inference or appearance of official sponsorship, approval, or endorsement. Reservists are permitted to run for elected office, speak at political gatherings, advocate for a political candidate, participate in political fundraising, display a large political sign or banner, and march in a political parade. *AFI 51-508, para 2.4.*

However, the AFI cautions that "Any activity that

may be reasonably viewed as directly or indirectly associating the AF or DoD with a partisan political activity or is otherwise contrary to the spirit and intention of this Instruction shall be avoided." *AFI 51-508, para 2.4.3.*

Regardless of status, remember it is never permissible to use government resources (like email or computers) or government work time to lobby or solicit votes or money for a candidate. Further, we may not do anything that would imply Air Force sponsorship, approval, or endorsement. *DoDD 1344.10 and AFI 51-508*

Military members are also cautioned that using contemptuous words against political leaders potentially violates Article 134 of the Uniformed Code of Military Justice, if the words cause prejudice to good order and discipline or bring discredit upon the armed forces. For commissioned officers, Article 88 of the UCMJ specifically prohibits using contemptuous words about the president, vice president, Congress, secretary of defense, and several other high level government officials. Contemptuous language is that which is insulting, rude, disdainful or otherwise disrespectful.

Finally, civilian employees' political activities are governed by the Hatch Act, which provides guidelines designed to ensure federal programs are administered in a nonpartisan fashion, to protect federal employees from political coercion in the workplace, and to ensure that federal employees are advanced based on merit and not based on political affiliation. For more specific information on Hatch Act restrictions, visit the Office of Special Counsel's website at: <https://osc.gov/Services/Pages/HatchAct.aspx>.

If you're unsure whether or not a specific political activity is permissible, reference *AFI 51-508* or call the 445th Airlift Wing legal office at (937) 257-3535.

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