

BUCKEYE FLYER

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Wing announces 2019 annual award winners

Members and families of the 445th Airlift Wing, and base and local community leaders gathered at the National Museum of the U.S. Air Force March 7, 2020 to recognize the wing's 2019 annual award winners.

Thirty-seven nominees were recognized at a medallion ceremony prior to the awards banquet and each nominee in attendance was presented a 445th AW medallion by Col. Raymond A. Smith, Jr., 445th AW commander.

At the beginning of the banquet, nominees entered the room as part of the official party.

The 445th Airlift Wing Honor Guard posted the Colors and participated in a POW/MIA demonstration.

The Air Force Band of Flight's Flight One was on hand to provide music throughout the evening.

Airmen from various squadrons competed to see who could make the most noise when nominees from their units were recognized. Airmen, family members and the community partner awards were presented first, and the squadron of the year was revealed at the end.

The 2019 Squadron of the Year honors went to the 445th Civil Engineer Squadron.

The 2019 annual award winners are:

Airman of the Year: Staff Sgt. Matthew J. Mik-



Members of the 2019 Squadron of the Year, 445th Civil Engineer Squadron, pose for a group photo, March 7, 2020 during the wing's annual awards banquet at the National Museum of the U.S. Air Force.

lasevich, 445th Aircraft Maintenance Squadron

NCO of the Year:

Tech. Sgt. Joshua S. Sagan, 445th Aeromedical Evacuation Squadron

Senior NCO of the

Year: Master Sgt. Jon C. Webber, 87th Aerial Port Squadron

First Sergeant of the

Year: Master Sgt. Brandi N. Powell, 445th Security Forces Squadron

Company Grade Of-

ficer of the Year: Capt. Phillip G. Sobers, 445th Logistics Readiness Squadron

Field Grade Officer of

the Year: Lt. Col. Michael A. Policastro, 445th Aeromedical Staging Squadron

Civilian of the Year: Bryan F. Ulloa, 445th ASTS

Honor Guard Member of the Year: Staff Sgt.

Shane A. Ellis, 87th APS

Recruiter of the Year: Master Sgt. Michelle M.

Shutler, 445th Airlift Wing Recruiting Squadron

Spouse of the Year: Amanda L. Ulloa, spouse

of Master Sgt. Bryan F. Ulloa, 445th Force Support Squadron

Youth of the Year: S. Joseph Hernandez, son of Maj. Sonny Hernandez, 445th AW Chaplain Corps

Community Partner of the Year: Germain Ford of Beavercreek, Ohio



Photo Illustrations by Master Sgt. Patrick O'Reilly

Nominees for 2019 445th Airlift Wing Annual Awards are recognized at a medallion ceremony, March 7, 2020, at the National Museum of the U.S. Air Force.

FM tip of the month - aged travel orders

To maximize the funds under current fiscal restraints, the 445th Airlift Wing Financial Management Office will begin removing funds from orders that are more than 120 days, effective immediately.

The 445th Airlift Wing Financial Management Office is authorized to de-obligate aged travel order transactions not containing travel ticketing related to a Non-Centrally Billed Account (CBA) based on guidance from an April 2019 memo from the Secretary of the Air Force Financial Management Office.

The following orders may be de-obligated:

- A non-permanent change of station (PCS) or permanent duty travel (PDT) voucher, regardless of obligation amount, that has not been completed within 120 days after the TDY completion date and

the travel order has no details linked (advances, accruals, debts, or claims).

- Robotic Process Automation (RPA): SAF/FMF AFFSO will de-obligate aged travel orders using automation that are greater than 120 days after end date, \$500 or less than \$500 regardless of system used in travel order creation, and the travel order has no details linked (advances, accruals, debts, or claims). RPA does not affect PCS and PDT obligations.



This policy does not apply to no-year appropriations.

PCS/PDT orders cannot be de-obligated after 120 days from the travel completion date.

PCS/PDT orders can be de-

obligated once the most current appropriation funding on the order has been expired for at least two years (e.g., the most current appropriation funding on the order expired at the end of FY 2017, therefore, the order can be de-obligated starting FY 20) and they meet the requirements listed below:

- The PCS/PDT order has no details linked (advances, accruals, debts, or claims).

- All civilian PCS/PDT order de-obligations must be coordinated with the civilian personnel office (CPO) to ensure there are no remaining open entitlements (e.g., Relocation Income Tax Allowance (RITA)).

Please contact the 445th FM office at 937-713-1607 if you have any questions or concerns.

DPH offers ways to cope during stressful situations

By Jennifer Marquez

445th Airlift Wing Director of Psychological Health

At some point in life, we all encounter a stressful situation and usually more than one. A health study by Harvard University found that when we encounter a “situation” it triggers our amygdala in our brain.

The amygdala is the area of the brain that processes the emotional response to the stressor and then sends a distress signal to the hypothalamus which is the command center for communicating with the rest of our body. In easier terms, our adrenaline gets activated and we may experience physiological and psychological changes.

When we encounter stressful situations like near-miss car accidents, disease outbreaks, financial loss and relationship loss, our bodies and minds experience the stress looking for a way to ease the discomfort that you are feeling. Our mind’s response can produce a positive or negative outcome to the situation.

Coping eases the potential anxiety caused by the stressor. Failure to cope can make us susceptible to negative mental and physical outcomes. Research shows that anxiety can weaken immune systems and cause health detriments.

Some ways to cope during stressful situations can be found in a few ways that most individuals naturally resort to. These include practicing relaxation with deep breathing exercises, yoga, prayer, mindfulness/meditation, engaging in physical activity to decrease cortisol (the stress hormone), using exercise or physical intimacy, and increasing socialization by reaching out to family and friends.

Other ways to alleviate stress is to make the changes you use to cope with the presenting stressor a normal part of how you live. For example, disease outbreak: wash your hands (20 second minimum), cover your cough and sneezes and maintain good hygiene habits every day.

The healthy habits you develop and ways to cope for overcoming financial distress or relationship loss should be adaptable to your everyday living. If they are not, you still have the tools and know what works best for you during stressful times. Pay attention to the method you use, and your body and mind’s response to the method.

For more coping strategies please feel free to contact me 937-257-6267 or 937-701-1124.



445th revitalizes Key Spouse Program

Introduces new KSP mentor

By Stacy Vaughn
445th Airlift Wing Public Affairs

Families of 445th Airlift Wing Reserve Citizen Airmen have a program they can turn to for information and resources they need while their spouse or loved one is deployed.

The 445th Airlift Wing Key Spouse Program is being revitalized and is there for family members to turn to stay informed of key issues that come up and find avenues for help if needed, while their loved one is away.

The KSP is an official Air Force commander's program that promotes partnerships with unit leadership, volunteer Key Spouses appointed by the commander, families, Airman & Family Readiness Center and other community and helping agencies. The program has a special emphasis on support to families across the deployment cycle.

Stephanie Smith, 445th KSP mentor and wife of Col. Raymond Smith, Jr., 445th Airlift Wing commander, has been involved in the KSP for 15 years. She was involved in the program at Westover Air Reserve Base when the program



Stephanie Smith

evolved, then served in the 445th AW's program back in 2014 before

serving in the program at Scott Air Force Base. Now she's back in Ohio and is pleased to be back at the 445th Airlift Wing to revitalize the program here.

"The KSP is one of the most under utilized, most important pro-



gram that are available out there but it takes a lot of people to make the program beneficial," said Smith.

"We're trying to find Reserve family members who are willing to reach out to other Reserve family members in time of deployment, or crisis such as the Coronavirus, or hardship or just for information. The Key Spouses are a great way to keep other families involved, all-year long.

If things are happening on the base or if we find out about free camps or free tickets to something or scholarships available, we can pass that on to families. We are that extra resource for our family members and members. When I say family members, I mean mom, dad or it could be a significant other. Whoever the member needs us to reach out to," Smith said.

According to Alvin Dennis, 445th Airman & Family Readiness Office director, the Key Spouse Program is a unit commander's program. Unit commanders will explain to the volunteer what they would like the Key Spouse to do to support the unit mission and unit families.

"Our role as a team player is to provide the required training for all Key Spouses. Mrs. Smith and the

others in the program solicit and get other spouses to volunteer to join the program," Dennis said.

The 445th AW Key Spouse Program can use more volunteers. Smith said they currently have a handful of volunteers but her goal for the program is to have at least one Key Spouse per squadron.

"Key Spouses have to be trained, and they need to have a commander's letter. They are selected by their commander and first sergeant. They work closely with the Airman and Family Readiness Center and KSP mentor. It's an easy process. I look forward to working with 445th Key Spouses," Smith said.

If you or your spouse is interested in learning more about the wing's KSP or becoming a volunteer, contact Stephanie Smith at ssmith2979@gmail.com or call 413-301-3152 or contact Mr. Alvin Dennis at 937-522-4607 or alvin.dennis@us.af.mil.

Buckeye Flyer

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SPOTLIGHT



Courtesy Photo

Rank/Name: Tech. Sgt. Mara Thomas

Unit: 445th Civil Engineer Squadron

Duty Title: Operations Management Craftsman

Hometown: Grove City, Ohio

Civilian Job: Financial Accountant

Education: Community College of the Air Force degree in maintenance production management; Bachelor of Science in business management and an Associate of Applied Science in accounting

Hobbies: I enjoy running and reading in my spare time.

Career Goal: To become an effective leader and improve training for those I lead to increase mission effectiveness.

What you like about working at the 445th?: Working in CE is like working with a family. It's truly an amazing squadron.

Why did you join the Air Force?: Personal growth and to serve my country.

Celebrating the month of the military child What it is like being a military child?

My mom and dad are both in the Air Force. Being a military child is difficult but it has some advantages. Some kids with parents in the military move a lot, but we are lucky. We grew up in New Jersey and now live in Ohio.

When my sister and me were little, we sometimes got to go to work with my parents, and it was always so much fun. We got to color and draw on my mom's white board. We also got to deliver supplies to others in the building.

At my dad's work, we got to get snacks, watch shows, listen to music and play hide and seek.

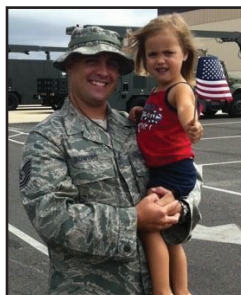
We like to go to all the parties and picnics. Sometimes there are a bunch of new kids there and I'm really good at making new friends.

At my mom's work, we had a Christmas party and every year Santa came, and we got to tell him what we wanted. The best part is that he gave us presents.

One year I remember getting a game called "Tip It" and I still have it to this day.

I always enjoyed watching my little sister's face as we drove by a helicopter with a shark face painted on it as we left the base.

Just watching her cute little face trying to smile super big but her little cute chubby cheeks wouldn't let her.



Courtesy Photo

Olivia at 3 years old.

used to work really long days and sometimes overnight, but now he works normal hours.

When I was 3, my dad deployed on Sept. 11, 2011. He missed Halloween, Thanksgiving, Christmas,

Sometimes my parents had crazy schedules. My mom traveled a lot when I was little, but not so much anymore. My dad deployed a lot, but now he just goes on a lot of little trips.

My dad used to work really long days and sometimes overnight, but now he works normal hours.

New Year's. He got home about two weeks before my sister was born.

You know how you can't wait to open presents with you family after Santa came on Christmas morning? Well, it felt like there was one big hole, and it didn't feel right setting out cookies or opening presents without him.

In 2014, he missed my sixth birthday. But it was also one of the best birthdays I ever had. My dad had the Philly Pretzel Company mascot come to my school and deliver soft pretzels. It was really good but I wish my dad was there.

Sometimes being a military child is really hard, but it can also have it's good times.

Those experiences have shaped me, and now I'm braver walking into new situations. I feel can also adapt a lot better than a kid without military parents.

Article courtesy of Olivia Bowers, 12 year-old daughter of Senior Master Sgt. Jessica Osmer, 445th Airlift Wing, Inspections and Master Sgt. Ryan Bowers.



News Briefs

Newcomers

Capt Nicola Griffin, ASTS
 Capt Daniel Shields, ASTS
 1st Lt Elyshia Lederer, AES
 TSgt John McMullan, 445 AW
 SSgt Katie Bodenbender, FSS
 SSgt Christopher Boprey, CES
 SSgt Brandon Doodley, FSS
 SSgt Ryan Spencer, AMXS
 SSgt Kyle Williams, OSS
 SSgt Andrew Wozniak, ASTS
 SrA Samuel Contreras, ASTS
 SrA Taylor Greene, LRS
 SrA Steven Previte, ASTS
 SrA Kai Vue, AMXS
 SrA Kyle Walker, 87 APS
 A1C Jordan Kleschka, MXS
 A1C Derek Reighard, AMXS
 AB Philip Aliberti, ASTS
 AB Joseph O'Bryan, CES

AB Myrbel Saint-Pierre, 87 APS

Promotions

Airman

Myrbel Saint-Pierre, 87 APS
 Madison Scott, AMXS

Airman First Class

Jamaal Chandler, AMDS
 Tyler Goodrich, 87 APS
 Amber Self, AMDS
 Dustin Walters, 87 APS

Senior Airman

Mariah Blankenship, 87 APS
 Emma Burbrink, LRS
 Abreal Harris, CES
 Enmanuel Rodes Centeno, AMDS
 Jennifer Seeley, 87 APS
 Aaron Thompson, AES
 Chole Van Hoose, FSS
 Trenton Westfall, 87 APS
 William Williamson, FSS

Staff Sergeant

Matthew Miklasevich,

AMXS

Blake Reynolds, AMXS
 Daniel Ullery-Oatney, AMDS
 Brandon Walker, SFS
 Erica Wyeth, AMDS

Technical Sergeant

Kathleen Burden, AMDS
 Thomas Cackowski, AES

Chief Master Sergeant

Clifton Griffie, MXS

Awards

Meritorious Service Medal

Maj Jason Vance, LRS
 Maj Andrew Gambardella, OSS

Air Force Commendation Medal

MSgt Nicholas Akins, 87 APS

Air Force Achievement Medal

SrA Matthew Fehrman, 87 APS

Retirements

SMSgt William Ryan, LRS
 MSgt Timothy McKinney, AMXS
 TSgt Robert Green, AMXS

FSS limits services

The wing training office will only test those who have CDCs expiring within 30 days or need Hazmat testing. Call 937-257-5092, more info.

The force support squadron customer service is by appointment only to those with urgent needs, i.e. ID cards expiring within seven days, locked accounts, etc. Call 937-257-6981 or email siarra.williams@us.af.mil to schedule an appointment.

Traffic safety

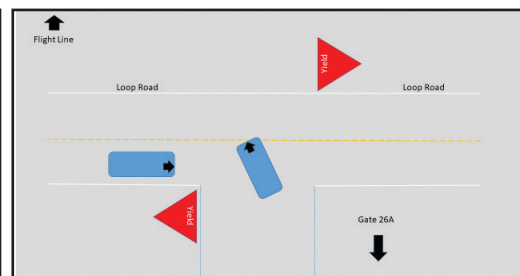
Gate 26A traffic pattern explained

It has been brought to the attention of the 445th Airlift Wing Safety Office that the traffic pattern at Gate 26A is causing confusion.

To clarify the traffic pattern at this gate, please see the information listed below as well as the photograph and graphic.

- Traffic entering the base utilizing Gate 26A does not stop when entering the base (incoming traffic has the right of way).

- Traffic on Loop Road in either direction must yield to inbound vehicles from Gate 26A.



(left) Photo of yield sign inside Gate 26A at the intersection of Loop Road.
 (right) Graphic diagram of Gate 26A and Loop Road. All traffic on Loop Road must yield to Gate 26A inbound traffic.

- All operators should remain alert when approaching this intersection.

Contact the safety office with any safety related questions at 937-257-5767.



445 AW honors its 2019 annual awards winners

Airman



SSgt Matthew Miklasevich

NCO



TSgt Joshua Sagan

Senior NCO



MSgt Jon Webber

First Sergeant



MSgt Brandi Powell

Company Grade Officer



Capt Phillip Sobers

Field Grade Officer



Lt Col Michael Policastro

Civilian



Mr Bryan Ulloa

Honor Guard



SSgt Shane Ellis

Recruiter



MSgt Michelle Shutler

Spouse



Mrs Amanda Ulloa

Youth



Mr S. Joseph Hernandez

Community Partner



Germain Ford of Beaver Creek





Photos by Master Sgt. Patrick O'Reilly



What you can do to stop the spread

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.

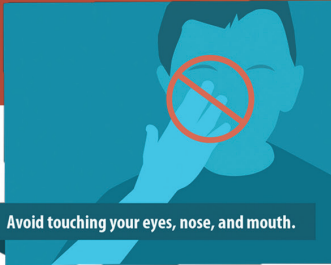


Avoid close contact with people who are sick.



Coronavirus Disease 2019 COVID-19

Avoid touching your eyes, nose, and mouth.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

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