

445th Airman helps disabled veterans stay 'on track'

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

Confronting the realities of service-connected disabilities in veterans requires patience, understanding, and vigilance. Among the most difficult disabilities to cope with is post-traumatic stress disorder.

According to the U.S. Department of Veterans Affairs website, PTSD is defined as a mental health disorder that is caused by an event or series of events that are traumatic in nature. The symptoms can include but are not limited to anxiety, reliving of the events that caused the trauma, and an inability to cope with social and personal circumstances.

Those who struggle with PTSD often have a fear of crowds and operate with a heightened sense of awareness, even in areas that seem safe or comfortable to others. Many veterans struggle with PTSD and a variety of other service-connected disabilities, and protecting their health and safety remains a challenge.

A maintenance operations officer with the 445th Maintenance Squadron, Maj. Nathan Lowman, knows from experience what challenges veterans face and one of the ways they can be confronted. In 2015, he became involved with the southern Ohio chapter of an organization called Racing4Vets. That same year, he served as the team captain of the organization's racing team, participating in sponsored races, and leading veterans in confronting their challenges on and off the track.

"I met this group of guys with service-connected disabilities who enjoyed racing," said Lowman. "Through motorsports, we can integrate veterans with society. Having veterans out there racing and working with other veterans who know what they've been through and have their backs gives them a sense of security and allows them to concentrate on enjoying life."

In January of 2013, Racing4Vets launched a partnership with the U.S. Department of Veterans Affairs to formally include indoor kart racing as a physical and cognitive development activity in the Cincinnati Veterans Administration PTSD/TBI (traumatic brain injury) rehabilitation program at Fort Thomas, Kentucky. This intensive program is open to male and female veterans from all U.S. military branches.

Approximately 20-30 veterans from the VA program attend monthly indoor kart racing events run by Racing4Vets at Full Throttle Indoor Karting in Springdale, Ohio. The partnership's approach to veterans' health issues is direct: confront disabilities head-on by teach-



Courtesy Photo

Maj. Nathan Lowman, 445th Maintenance Squadron maintenance operations officer, prepares to race in the Racing4Vets 2020 Battle at the Brickyard. The event was held, July 30 to Aug. 2, 2020 at the Indianapolis Motor Speedway.

ing veterans how to safely operate high-performance go-karts and helping them tackle their anxiety and negative emotions by broadening their experiences and spending time with other veterans. This sense of control and camaraderie is crucial on the track, and it is also a necessity in the everyday life of those struggling with service-connected disabilities like PTSD.

"Whether working with Racing4Vets gives them control, confidence to go out in crowds, or offers a way to relieve the pressure of dealing with their individual challenges, it seems to provide an outlet for dealing with the things they have been through," said Lowman. "That is what this organization is all about."

Though the challenges of service-connected disabilities may seem daunting for veterans dealing with the day-to-day struggles those disabilities cause, Airmen like Maj. Lowman, and organizations like Racing4Vets and Veterans Affairs are prepared to stand in support of these veterans. This willingness to aid those in need demonstrates the importance of selfless service and camaraderie.

87 APS supports humanitarian mission

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

During the October unit training assembly, Oct. 17 and 18, 2020, the 87th Aerial Port Squadron processed nearly 100,000 pounds of food and water filtration kits bound for Port-au-Prince, Haiti. The Hope Boxes, hand-packed by volunteers in Cincinnati, are being military airlifted through the Denton program, an amendment named for former Navy pilot and senator Jeremiah Denton, which allows the Department of Defense to transport humanitarian supplies from non-profit organizations to nations in need, with no added cost to the DoD or the nation accepting the aid.

Over the years, the 87th APS has helped move approximately 814 tons of supplies to four different countries, said Chief Master Sgt. Sean Storms, aerial port manager.

"The agencies providing the aid bring us anything from food and cots to firetrucks," Storms said. "We ship it all."

The humanitarian supplies are transported on military aircraft on a space-available basis. The 87th APS typically processes this unique cargo once every few months, said Tech. Sgt. Kevin Shaffer, air terminal operations center senior controller.

"Today we're processing about 100,000 pounds of food and water filtration systems for airlift next week," he said.

The Hope Boxes, provided by A Child's Hope International, contain nutritious, vegetarian meals that require 20 minutes of boiling to prepare, and are shelf-stable for three years prior to cooking.

Additionally, the organization sends enough Proctor & Gamble water purification packets in each Hope Box to provide 100 gallons of clean drinking water. The shipment the 87th APS processed in October contained over 300 Hope Boxes, equaling 30,000 gallons of purified water and 64,000 child-portioned meals.

"What we're doing here today really matters to someone out there," said Tech. Sgt. John Hardisky, cargo processing supervisor. "Not only will their quality of life be im-



Senior Airmen Mariah Blankenship and Dan Iwamoto, both 87th Aerial Port Squadron cargo handling technicians, prepare a pallet of Hope Boxes destined for Port-au-Prince, Haiti. Each individual Hope Box contains nutritious food for 216 meals, along with a water filtration system to purify 100 gallons of water.



Photos by Senior Airman Angela Jackson

Staff Sgt. Matt Fehrman guides Staff Sgt. Kirk Laytart as he places a skid of 66 Hope Boxes onto a pallet in preparation for military airlift to Port-au-Prince, Haiti. The Hope Boxes, provided by A Child's Hope International in Cincinnati, contain water filtration kits to purify a collective 30,000 gallons of water, as well as 64,000 meals.

pacted because of this shipment, but for some people, this could mean the difference between life and death."

Once the shipment arrives in Haiti, several local agencies will pick up their portion and distribute it to children and families impacted by ongoing natural disasters in the Caribbean.

Buckeye Flyer

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87 APS compete in Port Dawg Challenge



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Photos by Senior Airman Angela Jackson

Members of the 87th Aerial Port Squadron competed in 11 events throughout the course of the day during the squadron's semi-annual Port Dawg Challenge, Oct. 17, 2020 at Wright-Patterson Air Force Base, Ohio. The event incorporated the various skills necessary to safely and effectively prepare and move cargo for airlift, which is the primary focus of aerial ports units. Using a team-based points system, squadron leadership designed the Port Dawg Challenge with the intention of enhancing job proficiency while encouraging camaraderie among Airmen.

1. Staff Sgt. Edward Dunn, fleet specialist, prepares to toss a bag across the cargo warehouse as part of the Port Dawg Challenge. The bag toss was one of several events designed to strengthen camaraderie and teamwork among squadron members.

2. Staff Sgt. Dylan Lewis-Lee, ramp operations specialist, tightens the net on a training pallet during the Port Dawg Challenge. Cargo is prepared for military airlift using strict guidelines based on weight, height, shape and transportation priority, so Port Dawgs must be proficient in numerous methods of securing cargo with nets, chains and straps.

3. Airmen of the 87 APS use chains to restrain a 463L pallet (a standardized pallet used for transporting military air cargo). This challenge simulated tying down a vehicle on a C-17 Globemaster III and calculated the effectiveness angle of the chains. A forklift was backed up to the edge of the pallet, and the group was given two different angles and lengths to figure out the effective restraint that each chain would provide.

4. Tech. Sgt. John Hardisky, cargo processing supervisor, hauls cargo chains across a competition course during the Port Dawg Challenge. Port Dawgs rely on chains to secure a variety of cargo types for military airlift.



89 AS delivers supplies to Ukraine

By Ms. Stacy Vaughn
445th Airlift Wing Public Affairs

The 445th Airlift Wing's 89th Airlift Squadron flew more than 50,000 pounds of food and essential supplies to the Ukraine as part of the Denton Humanitarian Assistance Program Sept. 18-21 2020.

According to the U.S. Agency for International Development's website, US-AID.gov, the Denton Program allows private U.S. citizens and organizations to use space available on U.S. military cargo planes to transport humanitarian goods to countries in need, including agricultural equipment, clothing, educational supplies, food, medical supplies and vehicles. The program is jointly administered by USAID, the Department of State, the Defense Security Cooperation Agency and the Department of Defense.

"It was great to be part of the Denton Humanitarian Assistance Mission to the Ukraine. The trip went smoothly, although it required a lot of behind the scenes planning and coordination from our current operations section," said 89th AS C-17 pilot Maj. Ryan Fallon. "Everyone on the crew of 13 was mandated to

have a negative COVID test result within 48 hours to land in the Ukraine. That was a hurdle we don't normally see," Fallon said.

The cargo was off-loaded at the Kyiv Boryspil International Airport, Ukraine, Sept. 19, 2020. It included 285,120 high-protein meals and 52,800 water purifying packets from A Child's Hope International based in Cincinnati, Ohio. The donor organization is Mission Eurasia. Mission Eurasia created the "I Care" Refugee Assistance Program to provide emergency humanitarian aid for the people of Ukraine.

"It is always rewarding when you can help someone in need. Although the five pallets of food and essential supplies doesn't seem like enough, it was a start especially in these times of need," said Senior Master Sgt. Jeffrey Vaughn, 89th AS loadmaster. "Hopefully, we can do more in the future to help them and their country. The support was awesome, and the people were very supportive and helpful to get the cargo to its final destination."



Staff Sgt. Michael Logan

Crewmembers from the 89th Airlift Squadron unload food and essential supplies at the Kyiv Boryspil International Airport, Ukraine, Sept. 19, 2020.

Around the wing ...



(left) Staff Sgt. Scott Denlinger, a 445th Aeromedical Staging Squadron aeromedical technician demonstrates chest compressions to Staff Sgt. Anne Smith, 445th Aerospace Medicine Squadron aerospace medical technician and CPR instructor, during a refresher course, Oct. 4, 2020 at Wright-Patterson Air Force Base, Ohio.



Photos by Staff Sgt. Darrell Sydnor

(right) Col. Shawn Werchan, 445th Airlift Wing vice commander, is greeted by wing members after being sprayed with water canons at the end of his fini flight, Oct. 9, 2020. The fini flight is a military pilot's last flight with the unit.



Wing announces 3rd Quarter CY 2020 award winners

CGO



Capt. Jennifer Gerritsen clinical nurse, 445th Aeromedical Staging Squadron, is the 445th Airlift Wing Company Grade Officer of the Quarter. Gerritsen volunteered to support the COVID-19 Joint Task Force with less than a six hour-notice for two months, providing support to more than 20,000 patients in New York City at the peak of the pandemic. The captain provided 144 hours of didactic education and preceptorship for nine registered nurses at Lincoln Medical Center in N.Y. City, saving the staff \$180,000. Gerritsen led a three-member Air Force registered nurse team that provided fortified care for 23 patients, mitigated a civilian staff shortfall and decreased a medical surgical unit sentinel events by 22 percent. As the Tragedy Assistance Program for Survivors military mentor, Gerritsen hosted 16 resilience exercises during a two-day virtual event, elevating the community support system for 160 members. The captain is currently working on a master's degree in nursing at The Ohio State University and is in the Clinical registered nurse Leadership Program.

SNCO



Senior Master Sgt. Sarah Katoski, aerospace medicine technician, 445th Aeromedical Staging Squadron, is the 445th Airlift Wing Senior NCO of the Quarter. Katoski recruited and organized 26 trainers for four days of 101 individual training classes. She trained 115 members in critical medical readiness skills. She was the key planner in organizing 122 people into 12 small groups for 111 unit training assembly events. This initiative enabled in-garrison UTA for 100 percent COVID-19 compliant. Katoski evaluated her unit's annual field training exercise as part of the wing inspection team, evaluating four mission essential task lists, two static aeromedical evacuation missions and a 10-bed en-route patient staging system. She completed COVID-19 patient tracing and Defense Acquisition University contracting classes, filling a lab skill deficit and aided the Army's Department of Defense and Federal Emergency Management Agency support. She field tested technology to combat COVID-19. Her Bio Sciences work center was nominated for the Maj. Gen. Harold Greene Innovation Award.

NCO



Tech. Sgt. Christopher Funke, aerospace medicine technician, 445th Aeromedical Staging Squadron, is the 445th Airlift Wing NCO of the Quarter. Funke was selected as the Bulldog (the enlisted member who directs all ground manpower during aeromedical evacuation missions) for a field training exercise that was part of an aeromedical evacuation mission where he led an 18-person team and evacuated five wounded. He was recognized by the wing inspection team and command and control for his efforts. Funke served as the recall program manager and exercise planner where he ran and evaluated three recall exercises with 156 contacts; 100 percent accountability and all objectives were met. As his unit's unit deployment manager, chemical, biological, radiological and nuclear scheduler and automated readiness information system subject matter expert, Funke tracked delinquencies during the COVID-19 pause and scheduled members for first in-garrison UTAs resulting in 38 Airmen being trained. He completed supervisor leadership certification at the University of Dayton.

AMN



Senior Airman Casey Schlotman, material management apprentice, 445th Logistics Readiness Squadron, is the 445th Airlift Wing Airman of the Quarter. Schlotman inventoried 2,675 chemical warfare defense equipment assets values at more than \$218,000. Eighteen discrepancies were found and resolved resulting in 100 percent accountability. She executed an M-50 serviceability test, cleaning and testing 300 gas masks and recouped \$100,000 of 445th Airlift Wing funds, beating the Air Force standard by 30 days. Schlotman performed quarterly due-in for maintenance (DIFM) reconciliation, identifying and locating 15 assets valued at \$238,000. She safeguarded 100 percent issued DIFM parts. Schlotman earned a Bachelor of Arts degree in early education and made the dean's list at Northern Kentucky University, earning a 3.8 grade point average. The Airman volunteered 48 hours with NKU's Supported Higher Education Project, assisting learning disabled students. She supported the quality of life for more than 100 mentally challenged alumni.



SPOTLIGHT



Staff Sgt. Darrell Sydnor

Rank/Name: Tech. Sgt. Stephanie Blevins

Unit: 445th Airlift Wing

Duty Title: Wing Yellow Ribbon Representative

Hometown: Centerville, Ohio

Civilian Job: Budget Analyst

Education: Master's degree in clinical psychology with a specialization in forensics

Hobbies: Running, hiking, kayaking

Career Goal: Open my own clinical psychology practice once I finish my doctorate.

What you like about working at the 445th?: My fellow peers make working in the 445th so great. I definitely enjoy meeting new people and learning about what individuals do on the civilian side versus what they do in their military career. Long lasting friendships are formed here!

Why did you join the Air Force?: Honestly, I was in a tough time and needed to break a lease. But the reason I reenlisted was specifically because of the camaraderie that the security forces unit showed me. They taught me that the Air Force is literally a second family.

445 AW JAG available to assist Reserve Citizen Airmen

By Senior Airman Erin Zimpfer
445th Airlift Wing Public Affairs

The 445th Airlift Wing Judge Advocate General (JAG) office routinely prepares Powers of Attorney and wills for the members of the 445th.

"I am so thankful we can walk in and get this helpful service at the wing," said Lt. Col. Jennifer Cowie, 445th Aeromedical Evacuation Squadron operation support flight commander.

The JAG office commonly serves approximately 20-40 Airmen in a weekend. JAG is open Saturday and Sunday during the scarlet unit training assembly and for two hours in the afternoon of the Gray UTA.

Many times, if a large number of members from a unit are deploying, the legal assistance Airmen will go to the units and create a deployment line to help as many as 100 members in a day.

It is essential if a member is deploying that their affairs are in order before leaving the country.



Airman 1st Class Erin Zimpfer

Tech. Sgt. Misty Mayes, 445th Airlift Wing Judge Advocate General office NCO in charge, assists Lt. Col. Jennifer Cowie, 445th Aeromedical Evacuation Squadron operation support flight commander, with an official Power of Attorney for her family care plan.

For faster service, the Airman can go to the legal assistance website at <https://aflegalassistance.>

law.af.mil/llass/llass/html and complete the forms for a POA or a will to simplify the process.

In addition to services to help Airmen have their personal affairs in order with legal documents, the office also provides legal assistance if something were to happen such as a Uniform Code of Military Justice violation or a member getting in trouble with civilian authorities.

If a member is unable to visit the JAG office on a UTA, the 88th JAG office will assist Reservists who are deploying. They also handle Uniformed Services Employment and Reemployment Rights Act (USERRA) violations should a member face discrimination at work based on their Reserve status and require legal assistance.

Mayes is passionate about bringing her civilian paralegal and criminal justice education and experience to assist the members of the 445th with any needs.

"Helping people is what I love the most about this job," said Mayes.



News Briefs

Promotions

Master Sergeant

Christopher Booth, SFS
Christian De La Cruz, AMDS

Michelle Lee, ASTS
Paul Schrenk, AMXS
Scott Schaffner, 89 AS
Ryan Steele, SFS
David Vaughn, CES

Technical Sergeant

Kyle Altman, SFS
Taylor Anliker, FSS
Jared Holliday, SFS
Brian Kutcher, CES
Victor Peden, AMXS
Kyle Wilson, AMXS
Andrzej Wozniak, ASTS

Staff Sergeant

Codee Arthur, ASTS
Matthew Crotty, ASTS
Matthew Fehrman, 87 APS

Chrisey Hillgen, FSS
Gregory Schoepf, AW
Vincent Simmons, ASTS
Kelly Sloan, 87 APS
Alyssa Thacker, ASTS

Senior Airman

Stanley Fairchild, 89 AS
Ana Hudson, 87 APS
Monaya Platt, AES
Robert Shircliff, 89 AS

Airman 1st Class

Quinn Creager, AMDS
Myrbel Saintpierre, 87 APS

Airman Jackson Carter, AMXS
Meagan Dawson, ASTS
Ethan Stone, AMXS

Newcomers

Maj Gina Domm, AMDS
1st Lt James Morrissey,

ASTS
2nd Lt Antonio Ceja, ASTS
SSgt Jeremy Book, MXS
SSgt Joshua Owens, ASTS
SSgt Otis Youngblood, LRS
SrA Olivia Geans, AES
SrA Aaron Griffin, CES
SrA Mark Tornetta, AMXS
A1C Shareeque Sadiq, AMXS
AB Samuel Weaver, MXS
AB Craig Wildermuth, LRS

Awards

Meritorious Service Medal

Lt Col Brian Quinn, 89 AS
MSgt Misty McKinney, FSS

Air Force Commendation Medal

1st Lt Anthony Busellato, LRS
TSgt Matthias Opitz, 87 APS

Air Force Achievement Medal

SSgt Richard Bullard, 87 APS
SrA James Moore, 87 APS

Retirements

Lt Col Patrick Driscoll, 89 AS
2nd Lt Shymaine Williams, LRS
SMSgt Molly Blackburn, ASTS
SMSgt Michael Smith, ASTS
MSgt Walter Bessey, 87 APS

445 AW fitness testing resumes January 2021

To prepare for resumption of Air Force Fitness Assessments, January of 2021, the 445th Fitness Assessment Cell will conduct physical training leader training during the November and December Scarlet and Gray unit training assemblies.

The training will take place in the 445th Force Support Squadron auditorium, building 4014. Attendance is first come, first serve with a maximum attendance of 16.

How is the FAC combatting COVID-19 Risks?

* The FAC will operate during the both UTAs, Saturday and Sunday (four sessions per month).

* Fitness assessments (FA) will be processed as chalks, 8 testers at a time.

* Only eight testers will be allowed in the fitness center at a time. FAC staff will provide guidance during each session.

* Sixteen PTLs are required to augment the FAC in order to meet mission requirements and maintain the health and safety of our Airmen (each day, of each UTA).

* PTLs and the FAC staff will wear gloves and masks

* Equipment will be sanitized after each chalk (and when necessary).

* The waist measurement, height and weight are

waived until Oct. 1, 2021.

* Airmen must use a toe hold bar to conduct the sit-up component.

When will I be testing?

January testers: Scarlet and Gray – Airmen who FAILED or were NOT current (before Mar. 13, 2019) The current exemption for Airmen in a Fail, Unsat and/or Not current status will expire Jan. 3, 2021. There is not a 42 day reconditioning period.

* Unit Fitness Program Managers will be responsible for communicating to the FAC, which Airmen need to test in January.

* Airmen can find the official matrix (dated 16 September 2020) on myPers at https://mypers.af.mil/app/answers/detail/a_id/46625/kw/covid%20fitness/p/10 <https://mypers.af.mil/app/answers/detail/a_id/46625/kw/covid%20fitness/p/10> .

* At this time the FAC will only test Airmen who are due. Please do not sign up for a fitness assessment if your test isn't due.

Please be flexible if further guidance comes from leadership. If you have questions, please refer to your UFPD or contact the FAC at 257-7688 or 445fss.fitness@us.af.mil.



445th conducts Total Force combat search, rescue training



Staff Sgt. Nathan Pritchard, a 445th Operations Support Squadron, survival, evasion, resistance, and escape specialist, led combat search and rescue training, Oct. 4, 2020 at Wright-Patterson Air Force Base, Ohio. Aircrew are required to have refresher training every three years to keep up-to-date on all new equipment and procedures they may face.

(top left and right) Members of the 445th Security Forces Squadron discuss search tactics while participating in CSAR training, Oct. 4, 2020. The Airmen acted as opposing forces, OPFOR, during the training conducted for Airmen assigned to the 89 Airlift Squadron and the 375th Air Evacuation Training Squadron.

(left) Airmen from the 89th AS, 375th AETS and the 445th OSS depart the training area after completing CSAR training Oct. 4, 2020.

Photos by Staff Sgt. Joel McCullough

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