

## 445th Airmen resume physical fitness testing

*By Senior Airman Erin Zimpfer  
445th Airlift Wing Public Affairs*

After nearly 18 months of fitness test exemption due to COVID-19 safety concerns, the 445th Force Support Squadron resumed testing during the July unit training assembly, July 10-11, 2021. Even though testing has resumed, there are many precautionary measures in place to ensure members remain healthy.

The most notable change is limiting the number of people testing at one time. Currently, the FSS can test eight members at a time to limit potential exposure as safety is the most important thing. The usual number of people scheduled at a time is 50.

Other changes have also been implemented as a result of the pandemic. For example, members have the option of using the toe bar for sit-ups, or if they're comfortable, having another member hold their feet. In addition, the waist measurement has also been eliminated and a different assessment of body composition will be introduced in October 2021.

"I think it's great to be back to testing. We need to get back to our new normal," said Master Sgt. Nastassia Sy, fitness assessment cell manager, 445th FSS. "I am hoping we can increase the number of people testing at a time in the next

few months but safety is the most important thing."

While members resumed testing, many of the 445th Airlift Wing first sergeants were at the running track passing out water bottles and fruit, and encouraging members while they ran. Some even ran alongside their members to help motivate them to do their best.

"I feel like we're home again, getting back to the norm, and motivating people," said Master Sgt. Jennifer Cashwell, first sergeant for the 445th Aerospace Medicine Squadron.

————— See *FITNESS*, page 3

## Metals tech, the Air Force's fabrication shop

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

The 445th Maintenance Squadron's Metals Technology shop uses a wide array of tools and design software to create and repair parts that are essential for the function of the wing's vehicles and equipment. The shop provides fabrication, alteration, and refurbishing services for aircraft components and ground equipment. The possibilities of what Airmen in this shop can create are virtually endless.

"Metals technology is basically the fabrication shop for the Air Force," said Master Sgt. Nicholas Garmin, the metals technology section chief. "We weld, grind, cut design and fabricate basically anything and everything, whether it be a part for the aircraft or a part for a piece of ground equipment that maybe needs servicing or broken, we fix it."

The metals technology shop has many tools that allow it to fulfill its mission. These include a water jet,



Staff Sgt. Ethan Spickler

**Tech. Sgt. Tyler Williams, metals technology craftsman with the 445th Maintenance Squadron, repairs a part at Wright-Patterson Air Force Base, Ohio.**

————— See *METAL*, page 3

# New vice commander encourages Airmen to not give up

By Col. Nathan T. Day

445th Airlift Wing Vice Commander



I want to start my message with a heartfelt thanks to the Airmen of the 445th Airlift Wing. Thanks to all of you for allowing me the opportunity to empower you with the support necessary to maintain and grow our standing as the Air Force's premier C-17 airlift wing.

As a "citizen airman," I feel it befitting to begin my article with a look into the "citizen" side of Nate Day.

I have been living in Aurora, Colorado (a suburb of Denver) for about a year after being semi-forced out of New York City because of restrictions due to COVID. My wife, Noelle, and I have been married for nine years, and we have a 3-year-old son named Niles and a 5-year-old daughter named Nora. For those of you who are keeping track, yes, we are those people who chose names for our children so that they would have our same initials (ND).

My wife works for a finance company, and I have been working for a major U.S. Airline since 2007. I am currently domiciled out of John F. Kennedy International Airport in New York as an Airbus 320 Captain.

What I want to share on the Airman side of the Citizen Airmen equation is the unique career progression that ultimately led me to want to be your vice wing commander. If you'll allow me, I'll start this by comparing my career to an American family.

We all like to think that there is an idyllic and storybook family but the truth is, none of them are perfect, none of them fit a prescribed path, they all have hardships and pains, each one is uniquely different, and, most importantly, we all need to fight to keep them together and functioning properly.

In the same vein, my career has not only been circuitous and difficult at times, but I have had to work to stay in and remain a contributing member of the Air Force Reserve Command. Just like a family, working hard to preserve my career not only made my desire to serve stronger but also motivated me to take care of the members of my Air Force family. I am going to spare you a recap of my bio because you can just read that online. But what I will do is tell you of a transformative event in my career that not only had me questioning my desire to serve, but also had me fighting for my life.

In 2008, I deployed to Al Udeid Air Base, Qatar as the chief of tactics. While I was there, the medics discovered a softball sized tumor growing in my

chest. Due to the size of the growth, the Air Force was concerned that the tumor could squeeze my heart and cause a heart attack so they ordered an immediate evacuation. With the assistance of an outstanding C-17 medivac team, the U.S. Air Force was able to bring me from in theater all the way back to Wilford Hall Medical Center, Texas in under 48 hours.

The Air Force diagnosed my cancer as "T-Cell Acute Lymphoblastic Lymphoma," and due to the size and speed of growth, I began treatment immediately. The doctors told me that this would be an intensive chemo/radiation treatment and that I would require full-time assistance from my family. The total treatment would be seven months in the hospital and three years of preventative chemotherapy pills and spinal cord chemotherapy injections. Since I was a reservist, I decided to do my medical treatment in Arizona where my parents could assist me full time.

While I was on my way to the hospital for my second of six rounds of chemo, my unit called me and told me that the AFRC Surgeon General had determined, even though I was deployed, that the cancer was not in the line of duty and that it "existed prior to service." This meant that my orders would be terminated; I would go back on Tricare Reserve Select; I would be placed on "no-points, no-pay", and I would not be able to participate. At the time of the phone call, I was a tired-skinny, bald cancer patient and I was not in any physical or mental state to properly deal with this blow. As you can imagine, my family and I immediately felt abandoned by the Air Force.

It wasn't until several months later, when I



Courtesy Photo

**Col. Nathan Day, 445th Airlift Wing vice commander, far right, and Col. Raymond Smith, 445th Airlift Wing commander, far left, chat with 445th AW C-17 Globemaster III pilots, during the Dayton Air Show, July 11, 2021.**

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In addition to the changes due to COVID-19, the Air Force released new fitness standards and introduced new five-year age brackets instead of the outdated 10 year ones. Members are excited to be back to testing and for the new changes.

"I think the changes are a step in the right direction. It is definitely the right thing. More people will pass, and they can be focused on the entire mission," said Tech. Sgt. Jared Dexter, fitness assessment cell supervisor, 445th FSS.

Dexter is happy to see the testing resume and the FSS fitness assessment team has worked hard to be ready and implement the changes.

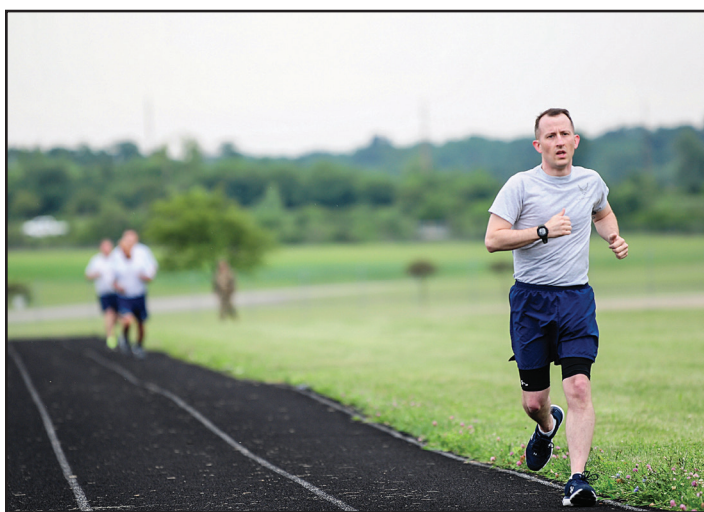
"It was time. It's been almost 18 months," said Dexter. It has been a process to get everything going and there was a learning curve for everyone but it is going smoothly, and we are following the proper guidelines for everything."

Maj. Cletus Schafrath, formerly with the 445th AW, now at the 301st Fighter Wing, Fort Worth, was grateful to be able to test on Saturday with members of the 445th AW, and he came prepared to pass.

"Fitness is a lifestyle choice," said Schafrath. "Eat right and exercise every day and you never have to worry about when the test is, you are always prepared."



Master Sgt. Patrick O'Reilly



Senior Airman Erin Zimpher

**(Left) Members of the 445th Airlift Wing complete the sit-up portion of physical fitness testing at Wright-Patterson Air Force Base, Ohio, July 10, 2021 during the July unit training assembly. Fitness testing was curtailed for nearly 18 months due to COVID-19 safety concerns. (Right) Tech. Sgt. Michael Ward, 445th Maintenance Squadron aircraft structural maintenance, pushes through to the finish line during a 1.5 mile run, July 10, 2021.**

*METAL, from page 1*

machine that uses pressurized water and an abrasive to cut through metal, as well as an enclosed computerized numerical control machine, multiple welding machines, and many more.

"We do anything from design work to the actual manufacturing of parts and components, which could include grinding, milling, cutting, and welding," said Garmin. "We are kind of a one stop shop for anything that needs manufactured, altered or just refurbished."

The metals technology shop allows its Airmen to use their skills and creativity to contribute to the wing mission. The job of a metal's technologist can offer enjoyment for those who appreciate hands-on work.

"I enjoy my job because I love working with my hands," said Tech. Sgt. Tyler Williams. "There is a good bit of satisfaction seeing, a raw chunk of metal,

go to the part that actually gets put on an airplane or on a piece of support equipment."

The needs of the Air Force require the ability to operate in a fast-paced environment, and often, parts and components can take long time to order. The metals technology shop is able to provide immediate solutions to the challenges of safely maintaining equipment and having it readily available.

"With the capabilities we have in our shop, I feel like it helps the wing complete the mission because if there's a time constraint on parts coming in we could locally manufacture something sometimes quicker than a part can come in, or if there's not even any assets available anywhere else, then we could quickly make something that's useful for the airframe."





## Around the wing...



Senior Airman Erin Zimpher



Graphic by Master Sgt. Patrick O'Reilly and Senior Airman Angela Jackson

(Left) Col. Donald Wren, 445th Mission Support Group commander, passes the guidon to Maj. Miranda Laubie, incoming Force Support Squadron commander, during 445th FSS Assumption of Command ceremony, July 10, 2021. Laubie served as the 445th FSS operations officer before assuming command of the squadron.

(Right) Chief Master Sgt. Christopher Williams, 445th Airlift Wing command chief, presents the John L. Levitow Award to Staff Sgt. Kayla Liggett, 445th Aerospace Medicine Squadron health services management technician, July 11, 2021 for her performance during a virtual Airman Leadership School conducted at Hanscom Air Force Base, Maine. The Levitow Award, the highest award for enlisted professional military education in the Air Force, is presented to the student who demonstrates the most outstanding leadership and scholastic achievement.



Senior Airman Angela Jackson



Capt. Wison Wise

(Left) Senior Airman Sarah Maher, aircrew flight equipment journeyman, 445th Operations Support Squadron, explains the use of the BA-22 or Back Automatic Emergency Recovery Parachute to the Air Force Life Cycle Management Center's Crew Systems team, July 16, 2021.

(Right) Airmen from the 445th Aerospace Medicine Squadron pose for a selfie at the 445th Airlift Wing Heritage Park, July 11, 2021. The Airmen participated in a wing history scavenger as part of their squadron morale event.



## Wing announces 2nd Quarter CY 2021 award winners

### CGO



**Capt. Kelly J. Bergelin-Lomeli**, 445th Aeromedical Evacuation Squadron ground unit type code operations training officer in charge, is the 445th Airlift Wing Company Grade Officer of the Quarter. Bergelin-Lomeli was the Advanced Operational Node team leader who oversaw the material operations from conception to close, resulting in all sites 100 percent functional with full operations. She was the logistics subject matter expert and officer in charge of six members where she coordinated the separation and deployment of 58 equipment and supplies pallets to four care sites with zero mission downtime. She was hand-selected as the innovative readiness training OIC helping deliver \$859,000 worth of medical care to 1,500 patients during East Central Georgia IRT. The IRT improved quality of life across four counties. Bergelin-Lomeli created the first aeromedical evacuation operations team program, where she trained more than 20 Airmen ensuring ground operations qualification. The captain completed Squadron Officer School.

### SNCO



**Master Sgt. La Sal D. Austin**, 87th Aerial Port Squadron cargo supervisor, is the 445th Airlift Wing Senior NCO of the Quarter. Austin managed the completion of 389 core and duty tasks, validating the training quality of 17 Airmen; increasing the total force deployability rate by 198 percent. He oversaw the Health Protection Condition D pandemic exercise where he helped prepare the movement of 44 pallets, 25 passengers and 10 missions validated rapid mobility. Austin coordinated the Cargo Global Air Transportation Execution System class allowing 17 members to accomplish initial and refresher training, increasing squadron readiness by 120 percent. The master sergeant led 20 volunteers serving 405 hours of community cleanup. His team landscaped and beautified a local healthcare center, bolstering base-community relations. Austin directed the 87th APS workshop, facilitating 12 members in a bullet-writing class, empowering squadron leaders and enhancing the enlisted performance report (EPR) program for 175 squadron members.

### NCO



**Tech. Sgt. Michael A. Wilson**, 445th Aircraft Maintenance Squadron aircraft maintenance craftsman, is the 445th Airlift Wing NCO of the Quarter. As a dedicated crew chief, Wilson was responsible for 25 sorties with zero aborts and led the Home Station Check inspection while training four Airmen resulting in 1,300 hours worldwide. Wilson worked 703 hours, 53 sorties and 154 flying hours, enabled aeromedical evacuation missions and special operations redeploy. He was the mission essential personnel member for an Army and loadmaster training event; the mission's tempo doubled when a C-5 Galaxy was grounded. He was recognized in a laudatory letter from the aircraft commander. Wilson has a Bachelor of Science degree in aviation management from Embry-Riddle University and his Federal Aviation Administration aircraft maintenance certificates and is a trained pilot. He authorized and taught 30 hours in a flying crew chief class, enabling six Airmen to be trained and fulfilled their critical training requirements.

### AMN



**Senior Airman Wally A. Jniyah**, 445th Operations Support Squadron cyber systems surety journeyman, is the 445th Airlift Wing Airman of the Quarter. Jniyah issued 600 communications security kits and enabled two deployed major weapons systems secure communication with coalition aircraft, resulting in 250 combat missions and 6 million pounds of fuel off-loaded. He led a combat crew forward deployment exercise supporting 19 combat missions and included supporting the first combat missions from Saudi Arabia in 30 years. He developed a secure communications maintenance program after a civilian contract supported was lost; resulting in complete coverage over Afghanistan for ground troops. Jniyah volunteered for a Central Command deployment short-fall, filling a critically manned unit type code is support of Operations Freedom's Sentinel and Inherent Resolve. He completed five different Arabic Defense Language Proficiency Tests and served as a backup translator for the deployed wing commander.





# SPOTLIGHT



Senior Airman Erin Zimpfer

**Rank/Name:** Senior Airman Alexis Williams

**Unit:** 445th Security Forces Squadron

**Duty Title:** Fire Team Member

**Hometown:** Miamisburg, Ohio

**Civilian Job:** Wright Patt Credit Union employee

**Education:** Associate degree in criminal justice from the Community College of the Air Force and currently pursuing a bachelor's degree in leadership at Trident University

**Hobbies:** Spending time with my family and dog

**Career Goal:** I would like to broaden my horizons by experiencing different aspects of the Air

Force, through new assignments and deployments. I would like to be known as an individual who anyone can turn to when they are in need of assistance.

**What you like about working at the 445th?:** I like that I can serve within the same community that I grew up in. I love that I get a chance to be out in the field and break up the routine of my civilian desk job.

**Why did you join the Air Force?:** I have always had a desire to join, and I knew that if I joined it could help me create a stable future.

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was able to regain my strength and mental acuity, that I resolved to not only get my health back but also to overturn this line of duty determination.

It took me three years with many appeals and denials. It wasn't until I worked through the Air Force Board of Correction of Military Records (AFBCMR) that I was able to get my service records corrected and able to participate in the Air Force Reserve again. And while I was able to go into remission and fully recover from the literal cancer in my life, it took several years after that to overcome the figurative malignancy that was growing in my life. You see, I had allowed my anger at the medical process to become a cancer in my life. By harboring resentment towards the Air Force, I was allowing this symbolic disease to spread into my professional and personal relationships. This attitude affected my desire to serve and unfortunately affected those around me.

I would love to tell you that I was able to quickly identify and fix this behavior, but it took a long time before I realized that all of the reasons I signed up for the Air Force were still present in my life. I still wanted to be part of an organization that was not only helping maintain American security and ideologies, but was fighting for freedom across the globe. And while the phrase "drinking the blue juice" is often used as a pejorative, this is exactly what I needed to do. I had to come to the realization that I must rededicate myself to "service before self" or find another job. I couldn't continue to come to work and not be completely on board with the fundamental reasons I was dedicating my life to the Air Force Reserve. Thankfully, I was surrounded by an Air Force family that made that decision easy, and they helped me to see a world beyond the issues I had faced with my medical process.

However, my real epiphany was when I realized

that the biggest reason I was still in the Air Force was because of the outstanding leadership of my squadron, group, wing and even Numbered Air Force commanders. Despite my best efforts to quit and just walk away from an Air Force career, they were not going to let this line of duty determination stand, and they were not going to let me just walk away. It wasn't until I realized what a transformative role that these leaders took in my life that I understood that my role in the Air Force was to take care of and lead Airmen who were in the same or similar situations.

This is what I hope to provide the Airmen of the 445th. You are all part of my Air Force family and more importantly you are part of the 445th family. I know that none of you have a story book Air Force Reserve career and that you are all facing different difficult and straining issues in your personal and professional lives. I know that many of you question if you can or still want to serve. I know that many of you have other jobs that would pay you more than the Reserve and still others are giving up career progressions/promotions. I realize that your service is often difficult for those around you to understand. I know that many of you are ready to throw in the towel... but just like a biological family, I will fight like hell to take care of each and every one of you. It is my charge to provide you a place to work where your success is not impeded by others, where your loved ones at home consider your work here an honor and not an excessive burden, where commanders do not let a process stand in the way of doing what is right, and where each and every individual Airman matters.

I look forward to serving with you.

Colonel Nate Day



# News Briefs

## Retirements

Col Roberta Stemen, ASTS  
CMSgt Jason Besser, MXG  
MSgt Jeremy First, MXS  
MSgt James Ferguson, MSG  
MSgt Patrick McCoy, AMDS

## Promotions

### Master Sergeant

Anthony Anderson, MXS  
Anthony Farkas, LRS  
Andrae Manuel, ASTS  
Nastasskia Sy, FSS

### Technical Sergeant

Christopher Kirby, CES  
Kent McCoy, AMXS  
Elizabeth Tenny, FSS

### Staff Sergeant

Matthew Bean, AMXS  
Carla Cowherd, LRS  
Lawrence Depasquale, MXS  
Taylor Fife, AES  
Mariah Martin, MSG  
Myron McGuire, OG  
Mark Toretta, AMXS

### Senior Airman

Shaun Carson, AMXS

Matthew Dazen, AMXS  
Alan Fierro, MXS  
Carter Kelly, AMXS  
Jackson Martin, AMXS  
Teryne McVay, FSS  
Grant Reigelsperger, AMXS  
Keith Stanton, 89 AS

### Airman

Kirby Stark, MXS

## Newcomers

Maj Ashley Vetek, 89 AS  
1 Lt William Rittenour, AES  
2 Lt Abigail Barge, FSS  
MSgt Scott Masak, LRS  
TSgt Benjamin Clemments-Cook, MXS  
SSgt Joseph Stockham, MXS  
SrA Nathaniel Davis, ASTS  
A1C Gabriel Calubad, SFS  
A1C Mason Glaze, AMXS  
A1C Jackson Martin, AMXS  
A1C Jose Marchio Murrer, SFS  
A1C Jared Seal, AMXS  
A1C Phillip Zagornick, MXS  
AB Aidan Dill, AMXS  
AB Alexander Gill, MXS

## Awards

### Meritorious Service Medal

Lt Col Jessica Brantner, AES  
Lt Col Karen Gharst, AMXS  
Lt Col Aaron Dailey, OG

### Air Force Commendation Medal

TSgt Shelton Beasley, ASTS  
TSgt Melissa Dellibovi, ASTS  
TSgt Holly Knox, OSS

### Air Force Achievement Medal

TSgt Holly Knox, OSS  
SSgt Danielle Dandrea, ASTS  
SrA Lily Tendero, ASTS  
SrA Dennis Thomas, AMXS

### Combat Readiness Medal

Col Hans Otto, AMDS  
Col Joseph Lawlor, AMDS

## Family Day

The 445th Airlift Wing will host its annual Family Day picnic, Saturday,

Sept. 11, 2021 from 12 to 4 p.m. at Bass Lake.

The event will be carnival themed and feature a kids zone, carnival games and a pre-deployment line for kids. Food will be available from 12 to 2 p.m.

Transportation will be provided from Bass Lake to the flightline for a C-17 tour. Transportation will also be available from the parking lot between buildings 4010 and 4014.

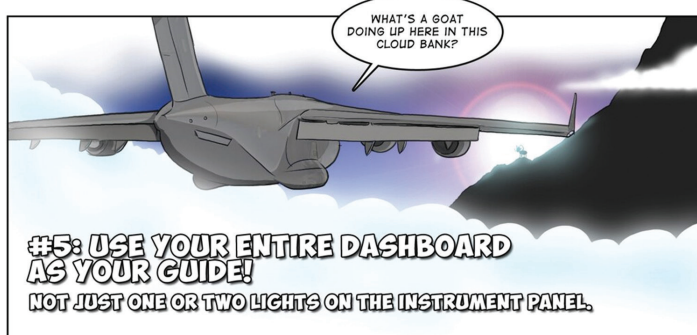
For more information, call TSgt Jared Dexter at 937-656-1502.

## 9/11 Ceremony

The wing will remember the victims and events of Sept. 11, 2001, at a 20th Anniversary ceremony, Saturday, Sept. 11 at 8:45 a.m. at building 4010 flag pole, (Heritage Park). Attendees are asked to be in place and in formation no later than 8:30 a.m.

If you'd like to participate or more info, please call the public affairs office at 937-257-5784.

## 445th AW Inspector General Tidbits



What are the key components of the Air Force Inspection System (AFIS) and who completes them?

1. Management Inspections (Continuing Evaluations)– conducted above wing level by functional area managers (FAMs)
2. Unit Effectiveness Inspection/ Capstone – conducted at wing level by Major Command (MAJ-COM) Inspector General
3. Commanders Inspection Program (regularly scheduled inspections/exercises) – conducted at wing level by wing IGI/IGX
4. Unit Self-Assessment Program (MICT communicators and observations) – completed by ALL UNITS within wing identified six month cycles – CRITICAL COMPONENT

## Buckeye Flyer

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# 445th Ops Airmen complete aircrew chemical defense training

By Tech. Sgt. Joel McCullough  
445th Airlift Wing Public Affairs

Tech. Sgt. Jory Ramer, an aircrew flight equipment technician with the 445th Operations Support Squadron, recently conducted aircrew chemical defense training (ACDT) for eight members of the 445th Aeromedical Evacuation Squadron.

The ACDT briefing that the Airmen received covered ACDT equipment, processes and limited factors. It also covered equipment donning, pre-flight procedures, in transit processes, and the decontamination process.

"I have been conducting this course for about 11 years now," said Ramer. "I have seen a lot of faces through this course."

AES Airmen are expected to complete the training every three years. For some of the members, it was their

first time completing the training, for others this was part of a long list of times they had. Ramer added, "The members that have never completed the training before will be the lucky ones that don the equipment today."

After completing the presentation and getting hands on with the equipment in the classroom, three of the Airmen were asked to don equipment while the other members helped their

wingmen out. They put on boot coverings, two sets of gloves, gas masks, protective body cover, and hoods. One point that Ramer hit on in his course was, "The most challenging of the equipment is the gas mask and hood. You need to make sure your gas mask is fitted correctly to your face and that it works properly."

The three 445th AES members who were chosen

to don the items were Capt. Olutola Banjoko, a flight nurse, Senior Airman Shirneal Burnside, a flight medic, and Tech. Sgt. Lawrence Mark, an aeromedical evacuation technician. All three members practiced putting their equipment on and taking it off. "They are not technically difficult items to put on," said Lawrence, "but it is essential you have a wingman to help you out. Especially if you have the rubber gloves on."

After their practice, the three Airmen put the equipment back again. All the members departed on a bus.

The loading, transporting, and unloading were all part of their training. Airmen that have completed the training are expected to know the proper procedures to minimize the spread of any agent they have come into contact with.

The next step, or steps, of the training were set up at a "decontamination" area at an offsite location. Members of the 445th OSS manned stations of the decontamination area. The three trainees walked through every station and were expected to perform the decontamination task assigned per the station manager's guidance.

All the stations are designed to minimize contamination as the personnel passed on to the next station.

An important message that Ramer hit on in his training was, "It may not be the most fun training, but it very much could save lives and stop the spread of something."



**Tech. Sgt. Jory Ramer, an aircrew flight equipment technician with the 445th Operations Support Squadron, demonstrates how to properly remove a full body decontamination covering during aircrew chemical defense training.**



Photos by Tech. Sgt. Joel McCullough

**An Airman decontaminates the feet of Tech. Sgt. Lawrence Mark, 445th Aeromedical Evacuation Squadron AE technician, during aircrew chemical defense training.**

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