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From dental tech to physician's assistant

Hard work, determination pays off for Reserve Citizen Airman

By Capt. Wilson Wise

445th Airlift Wing Public Affairs

A native of the Philippines, 1st Lt. Herodina "Dina" Lu never imagined she would be where she is today. The daughter of a U.S. Navy sailor and a midwife, Lu spent her formative years in California and at age 14, returned to the Philippines for high school. After high school she studied dentistry while her sister focused on traditional medicine.

When both sisters returned to the United States, they decided to continue to serve others. Unfortunately, her dental credentials did not transfer to the states.

"I considered joining either the Navy or the Air Force, but considering I don't like to swim, the Air Force chose me," Lu said.

Her sister is a medical professional in Virginia.

Since arriving at the 445th Airlift Wing in 2000, Lu promoted to the role of NCO in charge of the dentistry before her commission in December 2020.

Col. Joseph C. Lawlor, 445th Aerospace Medicine Squadron chief of aerospace medicine, lauds Lt. Lu.

"Her journey to commission began long ago. We saw tremendous value in her work ethic and professionalism and are excited to bring her into the officer corps."

In 2015, Lu completed a highly selective physician's assistant program through the University of Kentucky. From 2012-2015 she lived in Morehead, Kentucky away from her family and served clinics in rural Kentucky gaining invaluable experience. During this time, she saw her family at irregular intervals of ten only when she returned for drill at the 445th.

Now back home for good, she is employed as a PA in the 711th Human Performance Wing at Wright-Patterson Air Force Base. There she observes flyers in altitude center chambers in a laboratory setting. Additionally, she works two days a week in a local urgent care center.

Lu's journey is the culmination of years of hard work and dedication for which the 445th Airlift Wing is a tremendous beneficiary.

Col. Hans Otto, 445th Aerospace Medicine Squadron commander, welcomes her commission as part of a multi-faceted solution to critical manning shortages.

"From 2015-2017, we had tremendous difficulty recruiting doctors to the medical corps. Since then, the career field and the 445th in particular has made changes to the manning documents to allow for more clinic providers," Otto said.

A recent Air Force Instruction update allows aeromedical nurse practitioners (ANP) and aeromedical physicians assistants (APA) to supplement flight doctors and increase manpower and capabilities.

"We are thrilled to have Maj. Kelly Kunkler as an ANP, and Lieutenant Lu as an APA to increase efficiency in the clinic setting. We can expand our future recruiting pool beyond physicians to help the Air Force maintain medical readiness," Otto said.

Lu radiates an infectious spirit of caring, meekness and service.

"As a caregiver, you must be keenly aware of how a patient feels – especially when he or she is sick. I believe that being truly human and loving people is key. I silently pray over my patients while I am working with them," she says.

Lu plans to transition her civilian career to hospice/palliative care in the future.

When the Air Force allows leadership to fix manning issues while keeping the right people in place, everyone wins.

"We are thrilled to have Lt. Lu continue her service to the wing. AMDS gets to retain a wonderful Airman with invaluable knowledge of the dental section and now as a clinical provider. We expect great things from her in the future," Otto said.



Capt. Wilson Wise

First Lt. Herodia "Dina" Lu discusses her new role as a physician's assistant at the 445th Airlift Wing. Lu commissioned in December 2020 and is the newest officer in the 445th Aerospace Medicine Squadron.

Air Force Reserve promotes family ties that last a lifetime

By Col. Michael Baker
445th Operations Group Commander



Family ties. Just the mention of those words revives memories for many in the audience. It also dates us. Don't worry. This will not be a breakdown of the 80s as I'm pretty sure you've recently had your share from *Stranger Things* and *Cobra Kai*. More than a TV show, the phrase family ties describes the essence of the Air Force Reserve's niche in fostering lifelong relationships while successfully executing our mission.

An event in 2002 at Incirlik Air Base, Turkey illustrates this point. Our nation had just embarked on Operation Enduring Freedom to address the terrorist networks behind the 9/11 attacks. As part of the effort, the 445th Airlift Wing was tasked to participate in a C-141 aircrew stage to transport detainees to Guantanamo Bay Naval Base, Cuba. Shortly after arriving at Incirlik, we learned the next portion of our mission would be delayed nearly a week. Multiple aircrews, maintainers and stage management personnel from our unit were on-site, so the next several days saw plenty of mission planning and downtime together as a group. A highlight of the trip was Sunday, Feb. 3 in conjunction with Super Bowl XXXVI. We planned to watch the Super Bowl together, but to add another dimension to the experience, Lt. Col. (major at the time) Kurt Greenlee drew up a game-related questionnaire with dozens of categories from who would turn the ball over first, to what the score would be at the end of each quarter, to whether an unruly fan would run across the field. We bought food and headed in-mass to the rec room. We arrived to find just one person sitting there minding his own business when WHOOOSH, the Wright-Patt crowd floods into the room. We included him in our version of football jeopardy to ensure he had a good time too, so it was all good. Coincidentally, that turned out to be Brady's first Super Bowl win.

Why share this story? Fast forward 19 years to last month. I was heading home for the day when I noticed a force support squadron sign at the entrance to a parking lot where several folks were handing out Super Bowl tailgating bags. One of the items inside was a Super Bowl predictions questionnaire, very similar

to Kurt's (minus the unruly fan question). I texted a picture of it to my family as somewhere along the way our kids replicated Kurt's idea, adding to the fun on Super Bowl night in our home for years. They quickly responded, citing the great memories.

Just prior to the Super Bowl kick-off, I also texted the picture to several members who were at Incirlik in 2002 to get their reaction, wondering if it was still fresh in their minds. It was. In no time, I heard back from each of them, all immediately recalling the occasion and its significance to them. Several subsequent exchanges only served to further reinforce that the shared memories and sense of accomplishment associated with that mission were still treasured, and if we ever needed help, each was still just a phone call away.

Countless stories like this help define the service of 445th Airlift Wing members. Our journey is characterized by a camaraderie rarely found anywhere else. Our shared experiences define our relationships. We grow together and encounter the highs and lows together. We have celebrated collective mission achievements and grieved with the families of Maj. LeRoy Homer and Maj. Dan Witt upon their sudden passing. We love and support each other through challenging times because that's what families do.

It is no coincidence that these solid family ties have consistently translated into inspirational teamwork and flawless mission execution when called upon by our nation to provide real-time contingency, humanitarian relief, natural disaster, and now pandemic response.

As Simon Sinek points out in *Together is Better*, "A team is not a group of people who work together. A team is a group of people who trust each other."

Our unit's trademark cohesiveness is a driving force within each of our 12 squadrons and links our mission support, maintenance and operations groups together in daily collaboration. It propelled the success of our strategic airlift stage operations after 9/11 and enables us to thrive in crisis environments today. Strong family ties are a defining strength of the Air Force Reserve, and nowhere are they displayed more starkly than here.

Whether you are new to this unit or are about to retire, never underestimate the key role you play in mission success as well as the profound impact you have on the lives of others, and rest assured that you will always be considered a valued member of the 445th Airlift Wing family.



Wing's new DPH offers coping skills, resources

By Ms. Vera McClain
445th Airlift Wing Director of Psychological Health



With each New Year comes goals, expectations, and hopes. This year is no different though after 2020, these will likely look much different than in years past. There have been many challenges over the past two years. Wright-Patterson Air Force Base and surrounding communities aren't exempt.

There is a great deal of information on how to cope during the pandemic. Consistent and persistent messages reinforce our cognition and response to situations. What we are experiencing now is something like never before and has affected us all whether personally, through a friend, family, colleague, work, or from daily contact with information and others.

Post-traumatic stress disorder is often associated with veterans, military and survivors of trauma or abuse. According to the National Institute of Mental Health, PTSD is a mental health condition that anyone who has experienced a real or perceived threat, shocking, scary, dangerous or traumatic event(s).

COVID-19 definitely qualifies for this. Regardless of personal opinions, personal protective equipment (PPE) and environmental adaptations have drawn our attention to the pandemic on a daily basis. Some symptoms of PTSD can be nightmares, irritability, hyper-alert, difficulty sleeping and concentrating (brain fog), negative thoughts/feelings, to name a few. Feelings of detachment and isolation add to this.

Military personnel can be particularly impacted in this regard. Those deployed face quarantines here and then when they arrive at their next station.

The Centers for Disease Control and Prevention, and mental health professionals note that feelings of anxiety and depression range from mild to severe symptoms. Isolation, stress, economic strain, lack of resources or connection to, fear of exposure, uncertainties can exacerbate existing conditions. Relationships with couples along with parents and their children can be strained as many are confined together: working from home, experiencing loss of employment, and home schooling.

Adequate support to maintain good psychological health is crucial at this time more than ever. We have a new normal which will likely look different yet again by the time this subsides. Fortunately, we are in an age of technology which can be of benefit.

There are things that we can do to manage our cir-

cumstances. It is somewhat of a balancing act in regards to what works for and against us. It's important to find as many positives that can offset the negatives. They include: exercise to boost immune system and curtail weight gain; keep a routine to create predictability in uncertain situations; eat healthy, occasional 'cheats' are okay, just don't make it the basis of your diet; set regular sleep times, meditation/breathing exercise, reduce duration of naps, avoid caffeine, alcohol and smoking prior to bedtime; limit intake of alcohol, tobacco, and substances; keep well checks, screenings as part of self-care; make time to unwind (time free of distraction); make time for doing things you enjoy; connect with others; and use PPEs and virtual means to keep everyone safe.

COVID-19 has created adversity. We wear masks, we are to give six feet of space, avoid social gatherings, no longer going out due to many businesses reducing hours or closing all together, events cancelled, to name some of the changes. Some people are social while others do well with reduced contact from others. Whatever your style, self-awareness is important. If you feel that you need some assistance, please reach out to support systems. If you need additional support or desire someone to talk with, or just not sure who to call, please call me at 937-257-6267 or 937-701-1124 (cell). Office hours are 7:30 a.m. to 4 p.m. I am located in building 4014, Room 182. I look forward to meeting you and being of service to you as I begin in the role of your Director of Psychological Health.

Resources:

Health Insurance Programs - www.healthcare.gov

USDA Hunger Hotline 1-866-3HUNGRY (10 a.m. to 7 p.m., Monday - Friday)

Counseling Resources - Employee Assistance Program (Civilians and Air Reserve Technicians) - 866-588-9078 or www.afpc.af.mil/eap; Military & Family Life Consultants (937) 972-1054; Military One Source: 800-342-9647; Vet Center: 877-927-8387

Financial Management Resources - Community Action Partnership: 937-427-3377 or 937-376-7747 www.cap-dayton.org; Ohio Dept of Veteran Services - 614-296-7882 www.ohiovet.gov; Ohio Dept of Job and Family Services - 877-852-0010 www.jfs.ohio.gov; Ohio Means Jobs - www.ohiomeansjobs.com; United Way VETS-LINK (Veteran Resources) - 211 or 937-225-3001, www.dayton-unitedway.org; Salvation Army: (800) 728-7825 www.salvationarmyusa.org

Connection and Grief Services - Tragedy Assistance Program (TAPS) or text 741741 (you do not have to be in active crisis to use this number - (800) 959-8277 www.taps.org; Hidden Heroes (Peer Support and Vetted Resources); www.HiddenHeroes.org; Operation HomeFront (Various Resources) (877) 264-3968 www.operationhomefront.org; Crisis Line: (800) 273-8255

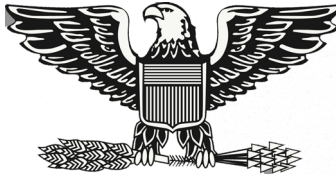


ARPC announces colonel promotions

Headquarters Air Reserve Personnel Center officials announced results for the Calendar Year 2020 Air Force Reserve Line and Non Line Colonel Promotion Selection Board Feb. 12, 2021. The board selected more than 185 Citizen Airmen for promotion.

The selection board convened at ARPC Oct. 19-23, 2020, to determine those officers best and fully qualified to assume the next higher grade. Board members selected 185 of 1,569 officers considered.

Congratulations to the following 445th Airlift Wing promotees: Keith Larson, 445th Aeromedical Evacuation Squadron and Christopher Sopko, 445th Operations Support Squadron.



A complete list of Airmen selected for promotion is available online by visiting the Air Reserve Officer Promotion page on myPers, <https://mypers.af.mil>.

Categories considered during these promotion boards were: Air Force Reserve Air Operations and Special Warfare (LAF-A), Nuclear Missile Operations (LAF-N), Space Operations (LAF-S), Information Warfare (LAF-I), Combat Support (LAF-C), Force Modernization (LAF-F), Dental Corps (DC), Medical Corps (MC), Nurse Corps (NC), Medical Services Corps (MSC), Biomedical Sciences Corps (BSC), Chaplains (CH), and Judge Advocates (LAF-J).

445th JAG provides wills, estate planning

By Maj. Lucas Marksity

445th Airlift Wing Judge Advocate General Corps

It costs roughly \$2,000 to have an off-base, civilian attorney make an estate plan and draft a will. The 445th Airlift Wing legal office can provide this valuable service to you for free! The JAGs (Judge Advocate General) here at the legal office have written hundreds of wills, and the JAG Corps has an outstanding software program that helps to ensure wills are legally correct and tailored to your wishes. Please note that spouses are also eligible to get wills.

After someone dies, their property must be distributed under the supervision of a civilian probate court. The process is difficult and comes at a time of mourning. Having a valid will can help ease that process. A will establishes who will inherit your property, names an executor, and designates guardians to take care of your children if neither natural parent is alive. The legal office can also advise on ways to eliminate assets from the probate process, including through joint accounts, adding heirs to car or house titles, and designating payable-on-death beneficiaries for investment accounts.

If you are single, with no children, and few assets, you may not need a will. Everyone else needs a will! Particularly if you have minor children, it is essential to have a will to designate guardians. There are some circumstances in which the legal office may recommend obtaining a specialized estate planning attorney and paying for a will, for example if you have a very valuable estate, or if you have a special needs family member and need a special needs trust.

If you have had a will from an Air Force legal office in the past, it is still valid. Reasons to get an updated will include divorce, minor children growing

up, and death or changes to executors or guardians. If you are not sure if you need an update, feel free to stop by and ask.

The legal office also provides “advance medical directives” – health care powers of attorney and living wills. These documents enable you to express your wishes regarding medical decisions in the event of extended unconsciousness and very serious medical illness.

In terms of process, the first step is filling out the will worksheet. This can be done at the Air Force Legal Assistance website at: <https://aflegalassistance.law.af.mil/>. On the webpage, you will see the option to “create legal worksheet,” which will lead to an option for “Wills and Advance Medical Directives.” The worksheet will walk you through the basic decisions to be made.

Once completed, the website will provide you a ticket number. Please record that ticket number. That is the only way the legal office can retrieve the will worksheet.

Once you have the ticket number, please send it directly to Maj. Lucas Marksity (lucas.marksity@us.af.mil). Generally, after getting the ticket number and making an initial assessment, we will set up a time to advise and consult about your estate plan. Then, you (and your spouse, if applicable) will likely only need to come to the legal office for signing, witnessing, and notarizing.

Please consider taking advantage of this valuable legal service, for your benefit and your family’s. Don’t wait until you are tasked to deploy. Instead, take care of it now.



'Your life is our business,' AFE provides crucial support

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

The 445th Operations Group has many key players in its organization to keep the wing's mission going. The 445th Operation Support Squadron has a number of those key players, in particular, the aircrew flight equipment (AFE) shop.

Before departing on a mission, every 445th Airlift Wing C-17 Globemaster III aircraft is strategically stocked with inflatable rafts, parachutes, oxygen systems, flotation devices and more. The AFE Airmen

of the helmets and chem defense gear section, maintains the helmets and oxygen masks the pilots used during flights both day time and during night flights when they use the night vision goggles.

"Being able to teach new pilots how the gear works is quite nice. That way they have a small sense of what they should be looking for in case of an inflight emergency, to possibly be able to fix the problem to keep them safe," Schindler said.



Photos by Mr. Patrick O'Reilly

Staff Sgt. Brett Schindler, 445th Operations Support Squadron, aircrew flight equipment shop NCO in charge of helmets and chemical defense gear section, ties a lanyard to secure an escape and evasion kit inside an aircrew survival backpack at Wright-Patterson Air Force Base, Ohio Feb 12, 2021. The gear is used for aircrew survival during an emergency when they need to evacuate the aircraft.

maintain the safety and emergency equipment for aircrew and passengers departing from Wright-Patterson Air Force Base, Ohio.

"We organize, train and equip so that the aircrew can complete their mission and return safely to their families," said Master Sgt. Diego Cancino, aircrew flight equipment training instructor. "Every piece of equipment we touch has every ounce of our pride in it, knowing that it would potentially save someone's life, and allow them to return safely. We pride ourselves in our support to the Ops group mission, and that pride reflects on the success of the sorties we fly."

Cancino said everything they inspect, preposition and train on, could possibly be used on the worst day of an aircrew member's life.

"The AFE's specific mission statement is, 'Your life, is our business.' When everything has failed and an Airman is down to that most crucial moment, that oxygen mask, parachute or emergency life raft working properly, could be the difference between life and death. We take that very seriously here in AFE and have dedicated our lives to the craft," Cancino said.

Staff Sgt. Brett "Schindy" Schindler, NCO in charge

Schindler said working in AFE throughout his career at Wright-Patterson Air Force Base and at other bases has brought him many memorable experiences.

"I've enjoyed helping to teach water and combat survival training. It's nice to know that if they went down, I did my best to help train them on how to get out of a bad situation whether in the water or downed behind enemy lines."

Cancino said he has come across Airmen who don't feel like what they do for the Air Force is important, that what they do doesn't matter, such as a simple job of wiping out an oxygen mask with a 70 percent isopropyl alcohol doesn't have a large impact on any mission.

"Those who are in the background providing support do have a large impact on the mission. Everyone makes a difference, everyone is important. The 445th Airlift Wing mission attributes its success to the Airmen that support it, and mission support is our business," Cancino said.

(Stacy Vaughn contributed to this story.)



SPOTLIGHT



Staff Sgt. Ethan Spickler

Rank/Name: Tech. Sgt. Joshua A. Slusser	Ground Equipment Craftsman
Unit: 445th Maintenance Squadron	Hometown: Louisville, Kentucky
Duty Title: Aerospace	Civilian Job: Powered Sup-

port Systems Mechanic (Air Reserve Technician)

Education: Associate degree in applied science, aerospace ground equipment technology from the Community College of the Air Force. Currently enrolled at Bowling Green State University to complete a bachelor's degree in quality systems management.

Hobbies: Camping, hiking, canoeing, deer/turkey hunting, and working on cars and trucks

Career Goal: To become the flight chief for my aerospace ground equipment flight

What you like about working at the 445th?: I like the mission tempo, and being able to stay busy. The 445th is full of great people who know how to take care of their Airmen. Our lead-

ership is always looking out for our well-being and morale. I have enjoyed the deployment and career broadening opportunities as well. As an ART doing my military job full-time, I enjoy training the reservists, and maintaining our support equipment so the aircraft can complete its mission

Why did you join the Air Force?: I proudly served as an active-duty U.S. Marine, and I wanted to broaden my skills, and find a career suitable to support a family. The U.S. Air Force had a better career path and promotion potential for me. The Air Force allows me to serve and be there for my family. I always admired the Air Force's aircraft, especially the C-5 Galaxy when I saw it in Okinawa, Japan as a Marine delivering the President's helicopters.

First-term FSS Airmen train at DFAC



Photos by Staff Sgt. Darrell Sydnor

(left) Senior Airmen Precious Turner, 445th Force Support Squadron services apprentice, serves lunch to an Airman, Feb. 6, 2021 at the Wright-Patterson Air Force Base Pitsenbarger Dining Facility. As a services apprentice in the food service core, Turner has to learn how to read, prepare and serve recipes to nourish members before and during the duty day.

(right) Airman 1st Class Kurt Jones, 445th FSS services apprentice, transfers an entree to a smaller pan for proper storage after the lunch period at Pitsenbarger Dining Facility, Feb. 6, 2021. Services Airmen working in the dining facility wrap leftover food and ensure the food is stored at safe temperatures for use in other meal times.



News Briefs

Retirements

Lt Col Maureen Taylor, 445 AES
 SMSgt Darrell Houston, 445 MXS
 TSgt Kirk Thompson, 445 MXS
 TSgt Gary Zimmermann, 445 MXS

Promotions

Senior Master Sergeant
 Chad Kopf, MXS

Master Sergeant
 Melissa Dellibovi, ASTS
 Mark Graber, CES
 Phillip Padgett, 445 AW
 Benjamin Rabe, AMXS
 Nicole Sturm, MXG

Technical Sergeant
 Joel McCullough, 445 AW
 Zachary Montgomery, AMXS
 Michael Rooker, MSG
 Mark Woodruff, AMXS

Staff Sergeant

Jacob Dietz, 87 APS
 Job Hunter, AMXS
 Latrice Ohlmann, ASTS
 Stevan Previte, FSS
 Jonathan Quinones, MSG
 Randel Tomina, FSS
 Kai Vue, AMXS

Senior Airman

Matthew Campbell, LRS
 Adam Coffman, AMXS
 Egan Dawson, ASTS
 Joseph Dills, 87 APS
 Brett McCoy, MXG
 Preston Sanders, AES
 Faith Schuster, AES
 Zachary Stevens, FSS

Airman 1st Class

Clark Bell, AMXS
 Jackson Carter, AMXS
 Serenity Ferreira, AES
 Chandler Mather, FSS
 Alyssa Smallwood, MXS

Airman

Hannah Elam, ASTS
 Jennifer Meyers, FSS

Newcomers

TSgt Kenneth Horn, AMDS
 SSgt Mason Baumgartner, 445 AW
 SSgt Steffenie Kitchel, AES
 A1C Adam Coffman, AMXS
 A1C Adam Klosterman, FSS
 AB Hayden Dutro, FSS
 AB Kaitlynn Gardner, AES

Awards

Meritorious Service Medal

Maj Kyle Hern, AW
 MSgt Bret Baker, 89 AS
 MSgt Zachary Fontaine, ASTS
 MSgt David White, 89 AS

Air Force Achievement Medal

Maj Alan Harmon, ASTS

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Mask wear update

WRIGHT-PATTERSON AFB

COVID-19 | Face mask guidance

When in Uniform

Cloth face masks must be a solid color of either...

Black	Coyote Brown	Tan	Sage Green	Olive Green
Solid Blue	ABU Pattern	OCP Pattern	White	

Must match currently worn uniform. For health safety, do not use actual uniforms.

The Secretary of Defense issued new mask wear guidance.

Masks must be worn at all times on military installations. Some exceptions include:

- 1) When an individual is alone in an office with floor-to-ceiling walls with a closed door.
- 2) For brief periods of time when eating and drinking while maintaining appropriate physical distancing.
- 3) When an individual is alone in a vehicle or is sharing the vehicle only with members of their household. Please note that masks must be worn upon entry to the installation. Masks may be lowered briefly for identification or security purposes.
- 4) When necessary to reasonably accommodate an individual with a disability.



Around the wing...



Tech. Sgt. Joel McCullough



Mr. Patrick O'Reilly



Mr. Patrick O'Reilly

(left) Tech. Sgt. Steven Flick, a loadmaster with the 89th Airlift Squadron, and Lt. Col. Jonathan Askins, 445th Airlift Wing chief of safety, practice and hone combative skills during survival training at Wright-Patterson Air Force Base, Ohio, Feb. 7, 2021. The Airmen practiced defensive and offensive skills, and how to counter each other.

(center) Staff Sgt. Logan Wild, 445th Aeromedical Evacuation Squadron, refills an emergency oxygen bottle on board a 445th Airlift Wing C-17 Globemaster III during a local mission training sortie, Feb. 11, 2021. AES Airmen engage in various patient emergency scenarios during these training flights. In addition to strategic transport and operational readiness, one of the primary missions of the 445th Airlift Wing is aeromedical evacuation—using military transport aircraft that is turned into a flying ambulance to carry wounded personnel from military operations, providing humanitarian assistance or responding to disaster situations.

(right) Members of the 445th Aeromedical Evacuation Squadron load a 445th Airlift Wing C-17 Globemaster III with medical equipment during a local mission training sortie, Feb. 11, 2021. The cargo area of the C-17 can hold 36 litters and 54 ambulatory patients and attendants with a basic crew of five, two flight nurses and three medical technicians for aeromedical evacuations.

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