

New components, no-fail diagnostic tests introduced Fitness test gives Airmen options

By Capt. Rachel Ingram
445th Airlift Wing Public Affairs



Mr. Patrick O'Reilly

Master Sgt. Jennifer Godsey, 445th Force Support Squadron fitness specialist, demonstrates how to perform a hand-release push-up, March 23, 2022.

As part of the service-wide shift from a one size fits all model, Airmen in the 445th Airlift Wing now have more options when it comes to completing their physical fitness assessment. Air Force officials unveiled proposed alternate components, smaller age brackets, and diagnostic PFAs in 2021, and the 445th AW fully implemented all changes by January 2022.

The traditional pushup, sit-up and 1.5 mile run components remain options, along with the added hand-release pushups, cross-leg reverse crunches, forearm planking, and the 20 meter high aerobic multi-shuttle run.

Nearly half the 445th AW Airmen who completed a PFA during the March unit training assembly chose to perform an alternative component, said Tech. Sgt. Jared Dexter, 445th Force Support Squadron fitness specialist.

"It was refreshing to see people who have historically struggled in one component come out and succeed using another avenue," said Dexter, who has worked in the 445th fitness assessment cell and monitored PFAs for nearly 10 years.

The Airmen facilitating official PFAs during the

March UTA noted that multiple test participants achieved maximum points for the first time in their career using some of the new components. One individual elected to perform the HAMR cardio component, completing nearly 100 of the 20 meter sprints, hitting the top of the score threshold for his age category and resulting in an overall "excellent" categorization.

"He trained hard leading up to the test and he knew exactly how fast he needed to move in order to reach the line before the beep, but not waste his energy at the beginning," said Staff Sgt. William Williamson, 445th FSS fitness specialist. "It was the first time in his Air Force career he maxed out his run."

In harmony with the new and different options, the diagnostic PFA, introduced in 2021, allows Airmen to sample the alternative components and find the right fit.

"The diagnostic test is a great opportunity to try out the new components and see what works," Williamson



Staff Sgt. Victoria Nelson

Staff Sgt. Nicholas Reynolds, a recruiter with the 157th Force Support Squadron, performs cross-leg reverse crunches, one of the new components of the Air Force physical fitness assessment.

445th ASTS partners with Navy to enhance medical training

By Senior Airman Erin Zimpfer
445th Airlift Wing Public Affairs

A group of 19 Airmen from the 445th Aeromedical Staging Squadron consisting of nurses, medical technicians and medical administration specialists arrived in San Diego March 14, 2022 to perform their two-week annual training at Naval Medical Center San Diego.

Lt. Col. Kathy Miller, 445th ASTS, mission officer in charge, along with the NCO in charge/team lead, Senior Master Sgt. Zachary Fontaine, nursing services superintendent, were excited the Airmen from their unit were able to participate in this unique opportunity for real world training.

“We have two main annual tour opportunities that offer hands-on training for our medical folks and the slots are very limited due to COVID-19,” said Miller. “We are very fortunate to have this opportunity.”

NMCS D is a 268-bed, multi-specialty hospital and ambulatory complex. The hospital is part of the Navy Medicine Readiness and Training Command, and is the U.S. Navy’s largest West Coast hospital, according to NMCS D officials.

The 19 annual training participants from the 445th ASTS assisted in the intensive care unit, emergency department, post-anesthesia care unit, pediatrics, simulation training lab and patient administration.

To remain current and maintain their readiness as reservists, the medical Airmen have training requirements or comprehensive medical readiness program (CMRPs), that must be signed off on annually.

“It is an incredible opportunity for our folks, who may not work in the medical field outside of the Reserve, to work in a full capability treatment facility in order to maintain proficiency in their core set of skills,” said Fontaine.

“Practicing these skills on a mannequin at the squadron every month is just not the same,” he added. “Many of the younger Airmen have not had the chance to do annual training away from home station.”

Senior Airman Bhishma Desai, medical technician in 445th ASTS, is not only able to complete annual training, but cross off many of the requirements needed for upgrade training to advance to the next skill level for his job. Three other Airmen on this tour are also receiving invaluable instruction in their upgrade training.

“This is a great experience because there is a lot of hands on training opportunities. Transitioning from what we do in staging to in-house patient care is very beneficial,” said Desai. “I came back from tech school last year, and

this is a great opportunity to get a lot of stuff signed off. I received a lot of pointers on doing IVs and EKGs [electrocardiogram]--things I rarely get to do.”

Another unique characteristic of this training opportunity is the chance to work with another service in joint operations. The Navy’s hospital corpsmen are working hand-in-hand with the Airmen, helping them to gain useful training and experiences outside of their usual environment.

“I enjoy the fact that we get to work with other branches to see the way they do things, and be able to take some aspects back to our squadron,” said Staff Sgt. Mary Czarnecki, 445th ASTS medical technician. “I really like the hands-on training because we don’t see this every day so it is really valuable. If you don’t do certain skills regularly, you can lose your proficiency. This is much better than watching computer-based



Petty Officer 2nd Class Luke Cunningham

Staff Sgt. Ramello Rhodes (front) and Senior Airman Ryan Faris (back), both 445th Aeromedical Staging Squadron, sort through patient records at Naval Medical Center, San Diego, California March 16, 2022.

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said.

Diagnostic PFAs are non-attribution, unofficial tests conducted under official standards and regulation. Within the wing, Airmen who schedule a diagnostic PFA typically perform those exercises alongside Airmen who are completing official PFAs.

At the conclusion of the assessment, the Airman can choose to have the final score entered in the system as part of their official record, or to discard it. If the Airman does not obtain a passing score, the results have no adverse effect on their record. The results of the diagnostic PFA will only be recorded and shared if the participating member consents; otherwise, the final score is not reported and the Airman can re-test at another time.

“I work out regularly and stay in shape, but I still

get stressed when it comes to PFAs, or any kind of test,” Williamson said. “This takes the test anxiety and risk out of the equation and gives you a realistic snapshot of where you’re at with your fitness goals.

Airmen who have a current, passing PFA on file may complete up to three diagnostic PFAs per calendar year, depending on mission requirements. At a minimum, every Airman should have the opportunity to elect one diagnostic PFA per year, as written in *Air Force Manual 36-2905, Air Force Physical Fitness Program*. These assessments must be scheduled in advance and cannot occur within 15 calendar days of an upcoming PFA expiration date. Airmen with a non-current fitness status are not eligible to complete a diagnostic PFA until they complete an official PFA and obtain a current categorization.

ASTS, from page 2

trainings or performing procedures on a mannequin. We are getting really good practice, and I am so grateful for the opportunity to be here.”

Five Airmen from ASTS’ medical administration also received valuable experience by assisting NMCS D with digitizing more than two million records.

“We don’t usually get to deal with patient medical records at our unit because our unit’s mission is patient movement,” said Tech. Sgt. Angela Thompson, medical readiness NCOIC, 445th ASTS.

Another 445th ASTS health service management journeyman, Senior Airman Ryan Faris, gained valuable knowledge while working at the naval hospital.

“It’s been nothing but learning to be honest,” said Faris. “Working with a different service, we gain perspective and process insight of how the Navy does things versus how the Air Force does them. It has been very cooperative. We can pick up new skills from them and show them how we do things as well.”

While these medical administrators learn to do all of these things in their career field’s technical training, being at a staging squadron, it is not the same as handling the massive amount of information that the hospital processes.

“The tasks we do in our unit are a little more admin focused since we are not assigned to a medical treatment facility. Now we have the opportunity to understand mortuary affairs, inpatient and outpatient records, and patient records requests. All of these things are adding up and giving us a clearer picture,” said Staff Sgt. Ramello Rhodes, 445th ASTS health service



Petty Officer 2nd Class Luke Cunningham

Capt. Brittney Snider, 445th Aeromedical Staging Squadron clinical nurse, reviews patient information at Naval Medical Center San Diego’s intensive care unit as part of joint training with their Navy counterparts, March 16, 2022.

management journeyman. “The Sailors here have been really good advocates to get us exposure and training with all of these different record sections.”

In operational environments, aeromedical staging squadrons often work in partnership with other branches, including the Navy, so joint training like this ensures seamless integration and mission success.



AF training helps OSS Airman obtain new civilian career

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



Senior Airman Sarah Maher, 445th Operations Support Squadron aircrew flight equipment technician, lays inspects a parachute, March 14, 2022.

Senior Airman Sarah Maher, an aircrew flight equipment technician with the 445th Operations Support Squadron, landed a job in November as an operations center analyst with a prominent global security and aerospace company.

The company is engaged in research, design, development, manufacture, integration and sustainment of advanced technology systems, products and services.

Maier works in an information analysis department for a prominent and technologically advanced aircraft that requires large amounts of data to be tracked. Although she can't dig into the details of this, she did say, "I deal with a large amount of information and I would guess I receive around 5,000 emails every day," said Maher.

The simplest way Maher could describe her position at the company was that she sifts through and organizes analytics and makes sure that the information is routed to the correct department of the company, whether that be supply, engineering, etc.

After parachute rigging at the 445th Airlift Wing for almost a year, Maher was unable to continue being on long term orders.

"I had to make the decision to pursue a full-time career or (an almost) part-time job while waiting on the opportunity to go back on orders," said Maher.

She ultimately decided that a full-time career was a better investment for her future.

Maier is not only an AFE technician for the Air Force Reserve, she is also a student currently pursuing a bachelor's degree in emergency management in homeland security. With that degree in mind, Maier came across her current job. She believes that her pur-

suit of her specific degree combined with her military service of approximately four years in the Air Force helped her obtain the job.

"Normally they want you to have that degree before they hire you," said Maher. "I think the fact that I am close to completing the degree and that I have a background in the Air Force, helped me out."

Maier explained that most of her team that she works alongside is made up of prior service members. She added that the military experience of her and her fellow coworkers smooths out communication between entities.

"We just speak the same language," said Maher. "Most of the customers we deal with are military so it helps that we have members that can effectively communicate with them."

Maier also added that her team is made up of members from different branches too.

"I think our team does such a good job because we are so diverse in that regard," said Maher. "I completely understand that if your customer is from the Marine Corps, you would want someone that essentially speaks Marine."

When asked if her current job with the Air Force has provided her with any other benefits to her new career, Maier replied, "They do have a different section at our company that would be very similar to what I do now, but right now I enjoy what I am doing very much. I enjoy the partnership the job provides between civilian and military life."



Photos by Tech. Sgt. Joel McCullough

Senior Airman Sarah Maher, 445th Operations Support Squadron aircrew flight equipment technician, inspects an unserviceable parachute before it is replaced, March 14, 2022. Unserviceable parachutes are turned in to base supply and exchanged for new ones.



April is Stress Awareness Month

445th AW offers resources to assist Airmen in times of need

By Ms. Vera McClain

445th Airlift Wing Director of Psychological Health

Stress, good or bad, is inevitable. Serving in the military can add a layer. Globally and interpersonally, stressors impact how we cope on a daily basis.

Continuous stress is a working part of our lives: monthly bills, family activities, work. Good stress or eustress is what you feel when excited (happy) about events. This type of stress can help you in reaching life goals making you a holistically happier person.

When negatively impacted, those feelings can affect your ability to cope and focus, and your behavior. Acute (short-term) stress can readily be addressed with resources and can de-stress more readily. Chronic (long-term) stress can take its toll on overall health. Finding healthy coping mechanisms is essential.

Many things are out of our control. Focus on what you can control, which is your response to events. Reduce or remove stressors where you can. This can be as simple as saying no more often, delegating as able, and avoiding those who cause you distress as you are able to do so.

We hear it all the time, mainly because it's tried and true: eat right, exercise, rest. Take it easy on yourself. The most critical voice we often hear is our own. Reach out if you need help. Talking with someone helps. There is not one way to think or feel or act so do what feels right for you. The important thing is to take advantage of available supportive resources.

"The greatest weapon against stress is our ability to choose one thought over another." – William James

The following resources are available:

- Director of psychological health: provides supportive, solution-focused skills designed to assist in coping and problem solving as well as referrals to community and installation mental health therapists. Ms. Vera McClain, 937-701-1124

- Airman and Family Readiness: provides targeted Airman and family support services, mission readiness, resiliency and well being of AFRC community. Ms. Shanna King, 937-522-4607

- Resilience first sergeant: Full-time first sergeant to address needs of Airmen outside of scheduled UTA (unit training assembly) weekends. Master Sgt. Rebecca Stammen, 937-470-1804

- The Psychological Health Advocacy Program (PHAP): provides referral services to AFRC Reservists and their families, follow up and outreach outside of the local area (not authorized to counsel, diagnose, treat) RN Case Manager, Ms. Ashley Wall, 937-646-1709; Outreach Specialist, Ms. Pamela Boyd, 937-656-2570.

- Chaplains: to contact a chaplain, please call the 445th Airlift Wing command post at 937-257-3551.

- Real Warriors Campaign: articles, profiles, stories with Airmen, materials to order/download at www.health.mil/RealWarriors.

- InTransition Program: assistance for Service members, veterans, retirees who need access to mental health care when transitioning with relocation, deployment, active-duty to reserves, Permanent Change of Station, leaving service www.health.mil/inTransition or 800-424-7877

- Military Crisis Line: text-messaging service and online chat, provides free VA support for all service members and veterans, even if you're not registered with VA or enrolled in VA health care. Call 800-273-8255 and press 1. Text: 838255 Chat; <https://www.veteranscrisisline.net/get-help/chat> You will be connected with an actual trained person ready to support.

- TRICARE: access to mental health care to all its enrollees. <https://www.tricare.mil/CoveredServices/Mental/GettingMHCare>.

- Military Medical Treatment Facilities: 88th ABW WPAFB Mental Health at 937-257-6877 other MTFs outside of local area can be found at: <https://www.tricare.mil/Military-Hospitals-and-Clinics>

- Military One Source: provides access to confidential Military Family Life Counselors in your community: www.militaryonesource.mil or by calling 800-342-9647.

- Military and Family Life Counseling: provides trained counselors for support of Airmen, their families and survivors with non-medical counseling services both on and off the installation. Wright-Patterson Air Force Base contact, 937-972-1054

- Military Health System websites: www.health.mil/mentalhealth and www.tricare.mil/mentalhealth



Around the wing ...



Staff Sgt. Ethan Spickler



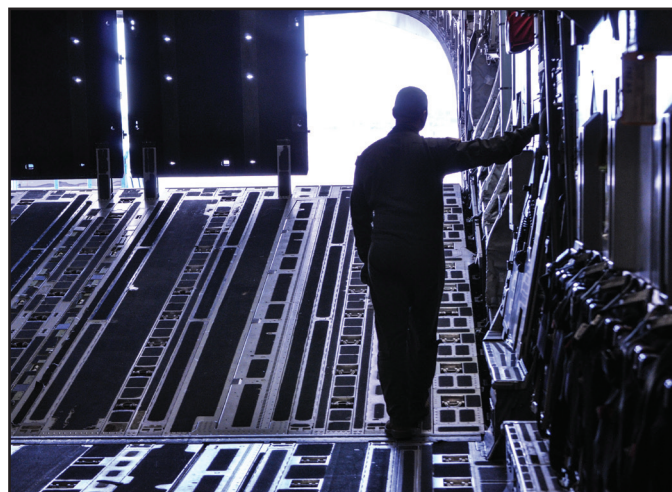
Mr. Patrick O'Reilly

(left) Tech. Sgt. Calvin J. Clutter, 445th Maintenance Squadron's Fabrication Shop aircraft structural maintenance technician, manufactures an oxygen box bracket for a C-17 Globemaster III aircraft, March 12, 2022.

(right) Brig. Gen. Alfred K. Flowers Jr., Director of Manpower, Personnel and Resources and Chief of the Medical Service Corps, Office of the Air Force Surgeon General, speaks to Airmen from the 445th Aerospace Medicine, Aeromedical Evacuation and Aeromedical Staging squadrons, March 4, 2022 during his visit to Wright-Patterson Air Force Base, Ohio.



Tech. Sgt. Joel McCullough



Senior Airman Erin Zimpher

(left) Airmen from the 445th Aircraft Maintenance Squadron de-ice a C-17 Globemaster III at Wright-Patterson Air Force Base, Ohio, March 13, 2022. The GL-1800 de-icing trucks maneuver carefully around the aircraft to ensure the entire aircraft is sprayed with the de-icing compound called Glycol. (right) An 89th Airlift Squadron loadmaster closes up the rear cargo door of a C-17 Globemaster III before taking off to San Diego, March 13, 2022.



News Briefs

Retirements

Lt Col Benjamin Yoder, AW
 MSgt Vincent Gibson, OSS
 MSgt Stacy Tompkins, MXS
 TSgt Richard Blake, LRS

Promotions

Senior Master Sergeant
 Douglas Schaumleffel, LRS

Master Sergeant
 Joshua Collins, MXG
 Felipe Henao, FSS

Technical Sergeant
 Molly Cook, AMDS
 Shikima Gainey, MSG
 Butcher, Marjorie, AES

Staff Sergeant
 Jennifer Bapties, FSS
 Tyra Davis, FSS
 Taylor Greene, LRS
 Ryan Guenther, CES

Thomas Ott, MXS
 Ramello Rhodes, ASTS
 Spencer Rumley, MXG
 Tiffany Shotts, AMDS
 Dustin Walters, 87 APS
 Benjamin Wilson, CES

Senior Airman
 Jermei Gabbard, 87 APS

Airman 1st Class
 Stephanie Ganow, MXS
 Alexander Gill, MXS
 Jacob Jones, CES
 Roshan Portel, LRS
 Emanuel Slaughter, AMXS

Airman
 Darien Anderson, AMDS
 Jordan Church, MXS
 Kasin Davis-Hughes, CES
 Skyler Johnson, 87 APS
 Jacob Jones, CES
 Kevin Kruger, CES
 Dylan Newman, CES
 Steven Shultz, MXS
 Kenzie Simon, AMDS
 Isaiah Slonkosky, AES

Massiyah Smith, AMXS

Newcomers

Capt Danielle Dunlap, AMDS
 Capt Sean Ziegler, ASTS
 MSgt Scott Bowers, 89 AS
 TSgt Amber Walz, AMDS
 SSgt Brittany Hartsock, ASTS
 SSgt James Littlepage, MXS
 SSgt Hanna Yassney, ASTS
 SrA Tavis Adams, AMXS
 SrA Mark Bouillon, AES
 SrA Andrew Castle, LRS
 SrA Christian Clark, 87 APS
 SrA Aaron Gordon, MSG
 SrA Tyler Gosche, LRS
 SrA Leah Kinyua, MSG
 SrA Caleb Menezes, SFS
 SrA Noah Weston, 87 APS
 SrA Benjamin Wilson, CES
 A1C Sibert Ndamayu,

AMDS
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 AB Victor Sandoval Gutierrez, AMXS
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Buckeye Flyer

445th Airlift Wing Editorial Staff

Col. Raymond Smith, Jr.
Commander
 Lt. Col. Cynthia Harris
Chief, Public Affairs
 Stacy Vaughn
Public Affairs Specialist
 Patrick O'Reilly
Public Affairs Assistant

**5439 McCormick Ave.
 WPAFB, OH 45433-5132
 Building 4010, Room
 171
 937-257-5784
 445AW.PA2@us.af.mil**

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SPOTLIGHT



Rank/Name: Airman 1st Class Phoebe Weidner

Unit: 445th Maintenance Squadron

Duty Title: Aerospace Ground Equipment Journeyman

Hometown: Arcanum, Ohio

Civilian Job: I am currently on Active Duty for Operational Support (ADOS) orders.

Education: Arcanum High School

Hobbies: Spending time with friends and family.

Career Goal: My career goal is to become an Air Reserve Technician.

What do you like about working at the 445th?: The people.

Why did you join the Air Force?: To continue my education and for the health benefits.



Reserve Citizen Airmen required to provide medical updates

By Col. Hans F. Otto
445th Aerospace Medicine Squadron Commander

Studies have shown that most people must see a message about seven times before it sinks in. So please forgive the repetition if you already know this information. The 445th Aerospace Medicine Squadron needs to know about updates and changes to your medical condition.

The guidance can be found in *Department of the Air Force Manual (DAFMAN) 48-123, Medical Examinations and Standards*, Dec. 8, 2020

2.17. Service member will present for scheduled medical appointments as directed. (T-3).

2.17.1 Service member should inform unit supervisor of required follow-up evaluations and appointments to ensure availability for these appointments.

2.17.2 Service member will report all medical or dental treatment obtained through civilian sources to the primary care team or ARC medical unit. **(T-3)**. Service member should assist with coordination of communication of treatment to the servicing MTF, especially for any medical condition that may impact duty completion or deployment readiness. See **Chapter 9** for additional guidance regarding ARC members.

9.4.2 ARC Service Member:

9.4.2.1 Reports within 72 hours any illness, injury, disease, operative procedure or hospitalization not previously reported to their commander or supervisor and to the supporting medical facility personnel in accordance with AFI 36-2910.

9.4.2.2 Any concealment or claim of disability made with the intent to defraud the government may result in legal action and subsequent discharge from the ARC.

The reason for AMDS's need to know is that we are the occupational medicine experts for the 445th Airlift Wing and the Air Force. We know what conditions do or do not affect your duty, your fitness or your mobility. We know what medications are compatible with the mission and when you and your provider may need to consider alternatives.

Ideally, when it comes time to deploy, we should have already assessed your medical issues as they happened. Then, when fitness tests, schools or deployments come up, your commander assigns names to spaces. However, when AMDS has not seen anything and then discovers an issue last minute, then issues arise for you, your fellow Airman, unit, commander and the Air Force mission feels the impact.

Importantly, we do not need to know about your common cold or that 24 hour diarrheal illness that ran through your household. We do need to know about your asthma or inflammatory bowel disease and what medications your provider recommended. We don't need to know that your uncle's nephew had a valve transplant unless that person is you. We do need notes from your recent visit when things changed. We do not need your 500 page VA medical records. Do not send information via email to AMDS all personnel. Only send medical records to: 445AMDS.SGP.MedicalDocuments@us.af.mil. When in doubt, please call the AMDS clinic at 937-257-5200, Monday-Friday from 8 a.m. to 4 p.m.

445TH AIRLIFT WING/PA
BUILDING 4014, ROOM 113
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