

445th employers honored during Employer's Day

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

The 445th Airlift Wing hosted more than 40 civilian employers for an Employer Appreciation Day, Nov. 5, 2022, at Wright-Patterson Air Force Base, Ohio.

Employer Appreciation Day gives Reserve Citizen Airmen the opportunity to honor their employers for their support. That support ranges from allowing for flexibility regarding military service to fostering a work environment that is military friendly. Employer Appreciation Day brings service members together with their civilian counterparts, building on the relationships that make the mission readiness of the Air Force Reserve possible.

At the start of the day, the employers met up with their reservists for a hearty breakfast where they were welcomed and given a mission brief by Col. Raymond A. Smith Jr., the commander of the 445th Airlift Wing. The wing commander ensured that the employers understood how important they are to the wing's success and highlighted some of the functions they would soon experience around the wing.

Members of the Ohio Employer Support of the Guard and Reserve were on hand to brief the Uniformed Services Employment and Reemployment Act



Master Sgt. Patrick O'Reilly

Employers participating in the 445th Airlift Wing's Employer Appreciation Day observe a weapons demonstration by Tech. Sgt. Eric Whitt, 445th Security Forces Squadron combat arms instructor, Nov. 5, 2022.

(USERRA) and answer questions. The ESGR, a Department of Defense agency, provides many resources, including free education, consultation and mediation, for service members and their civilian employers. The organization is vital to mitigating the stress that balancing military service and civilian employment can potentially produce.

"I'm appreciative of having our civilian counterparts here," said Lt. Col. Alexander Bingcang, a reservist with the 445th Aeromedical Staging Squadron who invited his employer to attend the event. "It's great for them to see what it's all about. As Citizen Airmen, we wear this dual hat, and there is sometimes a tension between our civilian and military roles, but having our employers and co-workers here is an amazing opportunity to share what we do."

Throughout the day's happenings, various squadrons worked together to provide an exceptional experience for the employers in attendance.

Events like Employer Appreciation Day enhance positive relationships between service members and their civilian counterparts.

At the Warfighter Training Center, a portion of Wright-Patterson AFB specifically designated for combat and tactical training, members of the 445th Se-



Senior Airman Angela Jackson

Tech. Sgt. Anthony Marrazzi, 445th Aerospace Medicine Squadron flight and operational medical technician, and Senior Airman Brooks Lyle, 445th AMDS aerospace medical services apprentice, talk with employers about their life-saving tools and techniques and demonstrated to the employers how to use a tourniquet during the 445th Airlift Wing Employer Appreciation Day, Nov. 5, 2022.

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Commander expresses words of gratitude, well wishes during holiday season

By Col. Raymond A. Smith Jr.
445th Airlift Wing Commander



Happy Holidays! One of the best parts of the season is the opportunity to say thank you, and to wish you and your family the best for the New Year.

December is often a time for celebration, tradition and reflection. As I think about everything that the 445th Airlift Wing has accomplished in 2022, I am amazed at my good fortune to be on your team.

Many of our Airmen are enjoying deployment reunions with friends and family while some families will celebrate the season in separate locations as the 445th completes its deployment cycle. No matter where you are, we are grateful for your service and look forward to your return.

Recently, I watched the D-Day movie at the National Museum of the United States Air Force. I was overcome with emotion at the end of the movie. The similarities between the selfless service of the men and woman who served in 1944 and what you do today is what makes me so proud to serve with you. The fact that Reserve Citizen Airmen continue to raise their hands and vow to protect others' way of life is what inspires 445th leadership.

We have been operating at a pretty fast tempo for the past several years. In 2022, the 445th Airlift Wing flew more than 1,340 sorties, transported more than 6,800 passengers and moved nearly 20 million pounds of cargo. We are in the middle of a deployment cycle, and our Airmen are living up to our selfless service core value by always going the extra mile.

An example of this selfless service is when members deployed in support of Operation Allies Welcome volunteered to teach Afghan families basic words, greetings and customs during their off-duty hours. Can you imagine the emotions and gratitude the parents must have felt when young Reserve Citizen Airmen took the time to comfort their children during such an uncertain time?

On the other side of the globe, 87th Aerial Port Squadron members deployed to Al Udiyd Air Base

used 3-D printers to solve operational shortfalls in their spare time which improved the quality of life for nearly 150 fellow Airmen.

In addition to our deployers and all of you who support them, you have kept an impressive training schedule.

Operation Merciful Valkyrie, focused on transporting patients from an austere environment to a more secure location while providing en route medical care. Security forces training was a success at Camp Dawson where Defenders were able to train with live ammunition in remote training grounds.

The 445th Aeromedical Staging Squadron assisted in the hospital emergency department at the Navy Medicine Readiness and Training Command. Members trained with their navy counterparts and assisted in multiple departments at the multi-specialty hospital.

Meanwhile, members of our 445th Civil Engineer Squadron honed mission essential skills during annual training at Moron Air Base, Spain where they completed latrine construction to support family housing and a \$1.2 million sports complex. These are just a few examples of the training you accomplished to achieve high levels of proficiency and the relationships you fostered to support our wing's mission.

My wife, Steph, and I enjoyed the opportunity to meet so many of your family members at the wing family picnic in September. It was nice to see so many people tour the C-17 and enjoy games, food and friendship. It was an opportunity to hear your stories, learn about your lives outside the wing and hear about your volunteer work in your community.

This year, our Citizen Airmen took time to volunteer at food banks, plant trees and provide medical care in underserved communities. These actions set you apart from others, and allows you to enjoy what it means to be a community citizen and neighbor. Thank you again for sharing your stories with us.

As the year draws to a close and we meet for our final UTA of 2022, I wanted to remind you that you are all part of the 445th Airlift Wing family. Please take time to check on each other, be a wingman and remember the families who are separated this season.

Thank you for continuing to serve with us and have a Happy New Year!



Gettysburg staff ride provides leadership lessons

By Master Sgt. Patrick O'Reilly
445th Airlift Wing Public Affairs

Reserve Citizen Airmen from Wright-Patterson Air Force Base, Ohio; Minneapolis-St. Paul Air Reserve Station; Joint Base Charleston, South Carolina; Youngstown Air Reserve Station, Ohio; and Westover Air Reserve Base, Massachusetts; ventured to the historic battlegrounds of Gettysburg, Pennsylvania, Oct. 23-28, 2022 to reflect on what it means to be a leader.

The tour was led by Col. Donald Wren, 445th Mission Support Group commander, Wright-Patterson AFB, and Col. Barry Crane, 307th Mission Support Group commander, Barksdale AFB, Louisiana.

Wren organized the first iteration of the 445th AW's Gettysburg staff ride in 2010. Since then, dozens of 445th Airmen have participated in the week-long historical and educational tours. The two commanders facilitated this year's second staff ride which included a museum tour, a documentary film, and extensive presentations at 20 different historical sites around the Gettysburg battlefield region. The group also participated in an officially licensed, guided tour of the Gettysburg National Cemetery.

Each day signified a day during the three-day battle, and the group visited various locations and learned the background of the history and personnel posted there almost 170 years ago.

"The event is based on historical army "staff rides" which were used routinely to develop their junior and

senior officers in the operational art of warfare. We've taken it and transposed it into a having a leadership perspective," said Wren. "Take the events of the three-day battle here, the key critical decisions that were made, and understand how those decisions that were made and how the leaders got those 170,000 men to walk in a long battle line to face an enemy that was just as intent on killing them for their cause as they were on defending their own."

Crane said the visit is about professional development and self reflection. The adventure illustrates how the Airmen can better themselves and the units that they work in by using Gettysburg as a historical backdrop for a leadership laboratory.

"This is a transformational leadership staff ride. We are trying to present leadership characteristics to our NCOs to help encourage, motivate, and develop them and the people that they lead," said Crane.

Chief Master Sgt. Timothy C. White Jr., command chief of Air Force Reserve Command, was also part of the visit and said the visit to Gettysburg is a direct correlation to leadership.

"Gettysburg was a significant point in our history. You can read about it, watch it on TV and hear about it, but there is nothing like being here and seeing it for yourself to get a greater understanding of what occurred here," White said. "It's interesting to see the challenges both armies had back then that are not too different from the challenges we have today: command and control, logistics, and morale. Our commanders and the leaders back then had the same challenges. And as a country, some of the things we faced then are some of the things we face today. It's important that we learn from our mistakes as a country and as military leaders and tacticians."

Toward the end of the visit, members were encouraged to provide input. A few participants who were impacted by the staff ride provided comments.

"Don't let this be the last time that you talk about what you saw and learned about here," said Lt. Col. Edward Hale, 445th Maintenance Group commander. "Take this home and keep talking to people you've met here, to the people in your sections. Mentor your Airmen. Mentor your fellow NCOs and senior NCOs who were unable to be here. Mentor your officers and the



Master Sgt. Patrick O'Reilly

Col. Donald Wren, 445th Mission Support Group commander, addresses military members at the New York 86th Infantry monument during the Gettysburg staff ride, Oct. 26, 2022 at Gettysburg, Pennsylvania.

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SPOTLIGHT



Master Sgt. Patrick O'Reilly

Rank/Name: Master Sgt. Glenn Trent

Unit: 445th Airlift Wing Inspector General Inspections

Duty Title: Inspector General Inspections Senior Enlisted Leader

Hometown: Cincinnati, Ohio

Civilian Job: Air Reserve Technician (ART)

Education: Associate of Applied Science in aerospace ground equipment, Community College of the Air Force; Pursuing Bachelor of Applied Science in occupational safety and health, Columbia Southern University

Hobbies: Biking, kayaking, traveling, playing/watching sports

Career Goal: Complete my bachelor's degree and continue my enlisted career progression, allowing me the opportunity to lead and mentor the next generation of Airmen.

What do you like about working at the 445th?: I like the people and the atmosphere. Here at the 445th there is such a diverse background of multi-capable

people, all of whom feel like family. Due to the nature of my job, I am fortunate enough to work with all 16 of the squadrons from the 445th Airlift Wing and 655th Intelligence Surveillance and Reconnaissance Wing, giving me the chance to interact with everyone on a personal and professional level.

Why did you join the Air Force?:

I enlisted in the Air Force to serve my country, advance my education, and provide for my family. Throughout my career in the Air Force, I am grateful to have met many amazing people as well as travel to numerous incredible places. The structure and comradery that the Air Force offers has proven to be an excellent fit for me, and I cannot wait to see what my future has to offer.

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Master Sgt. Patrick O'Reilly

Col. Barry Crane, 307th Mission Support Group commander at Barksdale Air Force Base, Louisiana, speaks to military members during the Gettysburg staff ride Oct. 26, 2022 at Gettysburg, Pennsylvania.

people you work. Don't forget about the young company grade officers who rely on you more than you can possibly know,"

"My hope is when they walk out of this course, they have a better appreciation for themselves as leaders and have a better understanding for the United States of America and the deep history that we have," said Wren. "There are a lot of subjects that are uncomfortable, and you have to consider those subjects and formulate an answer or at least a personal understanding of them. I think when they do that, when they can understand what this country is and how all these threads of the country are put together, it better equips them to do their jobs."

"I would recommend this (visit) to anybody who has the opportunity to come here. I need to take a look at how we can continue to support and make this opportunity more available to Reserve Citizen Airmen," said White.



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curity Forces Squadron met the group and provided a simulated tactical fire and movement/maneuver demonstration while firing blanks and throwing smoke grenades. At the conclusion of the demonstration, the employers had the opportunity to see and hold multiple weapons systems used during the simulation including an M2 heavy machine gun, an M4 carbine, an M249 light machine gun, and an M240 machine gun.

"I'm humbled that I was invited, and my Airman thought enough of me to bring me out here," said Brandon Huddleston, an employer who attended the event. "He's a squared-away individual. He does a wonderful job for us and is just a quality man, and I'm so happy to be spending some time here."

After a question-and-answer session and photo opportunities, the Airmen assigned to the 445th Force Support Squadron presented the employers with dog tags and explained some of the vital personnel services they provide to wing members.

Next the employers were escorted to the flight line where they boarded a C-17 Globemaster III aircraft and took to the skies. While on board, flight personnel answered questions and provided insight into the aircraft and how it serves the Air Force mission. Also, members of the 445th Aeromedical Evacuation Squadron demonstrated life-saving techniques and procedures for caring for patients in-flight.

Upon landing, the employers visited an aircraft hangar for several demonstrations. The 445th Civil Engineer Squadron showcased some of their Chemical, Biological, Radiological, Nuclear and Explosives (CBRNE) equipment and gave employers the opportu-



Photos by Senior Airman Angela Jackson

Capt. Emily Perkins, 445th Aeromedical Evacuation Squadron flight nurse and Staff Sgt. Trey Naber, 445th AES technician, demonstrate critical life saving techniques using an employer to role play a patient, during the Bosslift flight onboard a C-17 Globemaster III Nov. 5, 2022.

nity to don mission-oriented protective posture (MOPP) gear and ask questions about how the safety and security of Airmen plays a role in completing mission objectives. Similarly, the 445th Aerospace Medicine Squadron highlighted many of their life-saving tools and techniques, helping attendees use tourniquets and learn more about the medical readiness side of the wing.

At the conclusion of the day's events, all employers were presented a certificate of appreciation by Col. Smith to commemorate their support.

"It means a lot to have my employer here supporting me," said Master Sgt. Eric Henry, the 445th AMDS first sergeant. "While I was deployed, he had my back, and he's always offered to help take care of my family. It's just a great environment to work in."

The outcome of these events is that reservists help their employers see first hand how military service impacts their role as civilian employees while also giving them a behind the scenes look at some of the incredible work 445th Airmen accomplish and how their commitment to their employees helps 445th AW support the Air Force mission.

"The breadth and depth of this team is fascinating," said Mr. David Walter, one of the employers who attended. "Everything that goes into what you guys do is amazing, and most people never get the opportunity to see a fraction of what that takes. Today was a great exposure to that and a very positive experience."



Staff Sgt. Chelsea Castleberry, 445th Civil Engineer Squadron emergency management apprentice, helps an employer don his Mission Oriented Protective Posture (M.O.P.P.) gear during the 445th Airlift Wing Employer Appreciation Day, Nov. 5, 2022.



Around the wing ...



Senior Airman Angela Jackson



Master Sgt. Patrick O'Reilly

1. Tech. Sgt. Anthony Marrazzi, 445th Aerospace Medicine Squadron flight and operations medical technician, demonstrates how to apply a tourniquet with Senior Airman Brooks Lyle, 445th AMDS aerospace medicine medical services apprentice, during a training class, Nov. 6, 2022.

2. Col. Raymond A. Smith Jr., 445th Airlift Wing commander, serves lunch to Airmen at the Pitsenbarger Dining Facility, Wright-Patterson Air Force Base, Ohio, Nov. 6, 2022. Commanders, first sergeants and chiefs serve Airmen at the dining facility each November to show their appreciation for their service.



Courtesy Photo



Tech. Sgt. Joel McCullough

3. Senior Master Sgt. Douglas Schaumleffel, 445th Logistics Readiness Squadron ground transportation NCO in charge, salutes the grave of Senior Airman Ashton L. M. Goodman, who was killed in action May 26, 2009. Schaumleffel and Master Sgt. Mark Reel, 445th LRS logistics supply manager, were runners for the 2T1 Warrior Wreath Project. They brought their wreath to Goodman's grave, located at Washington Park East Cemetery in Indianapolis, Indiana, on Veterans Day, Nov. 11, 2022.

4. The 445th Maintenance Group hosted a chilli cook-off, Nov. 6, 2022. The winner of the chilli cook-off, Tech. Sgt. Samuel Pulver, 445th Maintenance Group maintenance operations center controller, shows off his blue ribbon while Master Sgt. Gregory Sparks, 445th MXG MOC production controller, displays the tally sheet. Pulver won the competition with his beanless masterpiece.



News Briefs

Awards Banquet

The 445th Airlift Wing Annual Awards Banquet is scheduled for March 11, 2023 at the National Museum of the United States Air Force. The reception is slated to begin at 6 p.m. and the program at 7 p.m. More details will be announced soon.

The awards banquet will recognize those selected for Airman, NCO, senior NCO, company grade officer, first sergeant, field grade officer, recruiter, honor guard member, civilian, spouse, youth and squadron of the year.

Newcomers

Maj Grant Saul, AES
SMSgt Michelle Mariach-

er, MSG
SMSgt Benjamin McCleary, AMXS
MSgt Liam Moher, ASTS
TSgt Joanne Baum, ASTS
TSgt Adam Selmon, MXG
SSgt Zachary Hager, AMDS
SSgt Joseph Roberts, 87 APS
SrA Casey Collins, CES
SrA Joshua Crawford, ASTS
SrA Nathan Gilliam, AMXS
A1C Zai Albertson, ASTS
A1C Sura Hameed, CES
A1C Nathan Rosenbauer, MXS
Amn Jonah Weidner, CES

Promotions

Senior Master Sergeant
Renee Osterfeld, CES

Master Sergeant

Cole Anglemeyer, AMXS
Joshua DeWitt, AMXS
Michael Fetherolf, CES
Matthias Opitz, 87 APS
Matthew Steele, AMXS
Tyler Williams, MXS

Technical Sergeant

Brantley Fowle, OSS
Brittany Hartsock, ASTS
Kulwinder McDaniel, ASTS
Ryan Spencer, MXS

Staff Sergeant

Scott Dalziel, MXS
Alexandra Frantz, CES

Senior Airman

Stephanie Ganow, MXS
Alexander Gill, MXS
Jacob Jones, CES
Emanuel Slaughter, AMXS

Airman First Class

Joseph Church, AMXS

Airman

Daisa Feaster, ASTS

Buckeye Flyer

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SAD, a common disorder during the holidays

By Ms. Vera Ensalaco

445th Airlift Wing Director of Psychological Health

Autumn certainly does not last long enough. The next thing you know, it's time for the holidays. Gaining an hour from end of Daylight Savings Time is nice though this can affect our circadian rhythm.

During this seasonal transition, some of us get the 'winter blues.' This is a milder form of Season Affective Disorder (SAD). SAD is a type of depression that's triggered during seasonal changes. People can tend to feel 'stuck' inside as nighttime falls earlier.

Up to 20 percent of us have experienced some form of these mood changes as winter approaches. Women tend to experience it more than men with onset generally

in early adulthood. Having other mental health issues can increase likelihood of experiencing SAD. According to the American Psychiatric Association, SAD is a depressive disorder with seasonal patterns. Some symptoms are:

- Daily feelings of sadness
- Increased anxiety
- Craving carbs/weight gain
- Fatigue/low energy
- Concentration difficulties
- Irritability
- Feelings of hopelessness
- Loss of interest in usual activities
- Sleep difficulties

The lack of sunlight can decrease our vitamin D. If deficient, serotonin, a feel-good hormone,

is diminished. Serotonin can play a part in warding off anxiety and depression. Melatonin, which can assist with inducing sleep, can be overstimulated by lack of sunlight creating feelings of lethargy.

There are options for relief. Some benefit from (bright) light therapy (not tanning beds), which is a special lamp that can be helpful. All this can add to our outlook on life, seeing things 'darker' in the darkness.

If you are having symptoms or feel that you may be experiencing SAD, consult with your primary care provider to discuss treatment options. Winter in darkness is unavoidable, ways to cope are obtainable.



Reviving the 445th AW Top 3

By Staff Sgt. Darrell Sydnor
445th Airlift Wing Public Affairs

As the backbone of the Air Force, enlisted members serve as the technical experts. The members of the top three ranks, known as senior NCOs, also hold a responsibility to shape the future.

Air Force Handbook 36-2618, affectionately known as 'The Little Brown Book' charges the senior NCO tier with preserving legacy and heritage, and being the conduit between junior enlisted members and the officer corps. This is just one of the reasons why Senior Master Sgt. Christie Suydam, 445th Operations Support Squadron senior enlisted leader for intelligence, is trying to revive the Top 3 organization.

"As senior enlisted, our job is no longer about us. It's about everyone under us. I'm reviving the Top 3 because of what's expected of our senior NCO corps."

Chief Master Sgt. Christopher Williams, 445th Airlift Wing command chief, looks forward to members developing their communication skills as part of the organization.

"Top 3 provides collaboration and crosstalk between squadrons, and solutions to problems across the wing," said Williams. "It helps senior NCOs to develop and hone the skills they need to continue in rank as they're charged more and more to communicate with the leadership from other organizations."

Some of the goals of the Top 3 are to help build



Staff Sgt. Darrell Sydnor

Chief Master Sgt. James Candler, senior enlisted leader, 445th Force Support Squadron, (center) talks to potential members of the Top 3 organization during a meeting, Nov. 5, 2022.

comradery, provide a platform for bonding, share experiences between senior NCOs and provide a learning opportunity.

Chief Master Sgt. James Candler, 445th Force Support Squadron senior enlisted leader (SEL), encourages new and experienced senior NCOs join.

"Belonging to the Top 3 is a privilege not afforded to all," said Candler. "However, those who sit on this committee are the voice for all Airmen big and small, because the Top 3 is a conduit for all enlisted matters."

Newly promoted Master Sgt., Rebecca Zimmerman, 445th Logistics Readiness Squadron logistics plans NCO in charge, knows her promotion comes with more weight, and hopes the Top 3 can instill her with the skills to carry it.

"I'm a new senior NCO. I don't know a lot of people in the wing and would like to be a good senior NCO for my Airmen," said Zimmerman. "I would like the mentorship from the other senior NCOs who have been around longer than me."

Since more stripes mean more responsibility, a good senior NCO will need more to pour into those they lead.

"It's so important to develop as a leader and those leadership skills," said Suydam. "How to manage people and programs, that's what it is to be a senior NCO."

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