

Exoskeleton to enhance safety, retention for aerial porters



Master Sgt. Patrick O'Reilly

Chief Master Sgt. Sean Storms, 87th Aerial Port Squadron aerial port manager, and Senior Master Sgt. Brian Anders, 87th Aerial Port Squadron assistant aerial port manager, push a 3,500 lb Air Transportable Galley-Lavatory (ATGL) while wearing a pneumatically-powered exoskeleton system during an Air Force Research Laboratory demonstration at Wright-Patterson Air Force Base, Ohio, Oct. 6, 2022. The exoskeleton was designed to assist aerial porters in loading and unloading heavy cargo. It is intended to minimize manpower and prevent injuries.

87th APS Airmen plant trees in Delaware

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

Volunteering in the community is about more than just an enlisted performance report bullet. The Airmen of the 87th Aerial Port Squadron lead the way representing the U.S. Air Force even outside of their own communities.

The 87th APS Airmen volunteered for the Delaware Forest Service, planting trees for reforestation at the Blackbird State Forest, during their annual tour to Dover Air Force Base, Delaware, Sept. 17, 2022.

The 12 volunteers planted an estimated 300 seedlings, contributing to the more than 2,000 that were planted for the Harriet Tubman Bicentennial tree planting event. They were 12 of the 100 volunteers for the event.

"This tree planting event generated a lot of interest and positive feedback for more programming like this from Delaware citizens," according to Kesha Braunskill, Delaware Forest Service's Urban and Community Forestry coordinator, as posted on the agency website.

"Volunteers did an awesome job getting all the trees planted in under three hours."

The 87th APS assisted and supplemented the 436th APS in their regular active-duty tasks. Even after completing long days of 12-hour shifts all week, the 12 members were able to take advantage of weekend hours and volunteer.

Master Sgt. Aaron Fisher, NCO in charge of load planning for the 87th APS, said that it's essential to get people out of their hotel rooms and get them involved outside of the grind of daily work.

"It was not only a nice break from the day-to-day activities and duties for people, but also a good camaraderie-building exercise," said Fisher.

For some of the members and volunteers it was their very first annual tour, others it was their last. "It was a good experience for everyone, and it was a nice

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Courtesy Photo

While on annual tour, 12 members of the 87 Aerial Port Squadron pose for a photo on Sept. 17, 2022 in front of the tree saplings they helped plant at the Blackbird State Forest in Delaware.

way to cap it off for the members on their last trip.”

Fisher explained that it is a regular occurrence that they find a volunteer opportunity during their annual tour trips for training. He also explained that Senior Airman Meggie Samuels was the one responsible for coordinating the volunteer work.

“She was the one who got it, shared it and planned it,” added Fisher.

The members showed up to the reforestation area where the Delaware Forest Service personnel had already used augers to pre-dig the holes. The volunteers then placed the seedlings into the holes and covered them with soil.

The planting project allowed the forest service to continue its goal of increasing tree canopy, as well as increasing the community’s knowledge, understanding, and appreciation of forests and forest management. Volunteers who assisted included teachers and students from various school groups, honor society students, Cub Scout and Boy Scout troops, and volunteers from Delaware’s Air Force crew, according to the DFS website.

“These planting events are great for community involvement, and everyone gets to see the fruits of their labor for years to come as they come back to see the forest they helped create,” said Braunskill.

The 87th APS frequents Dover AFB for annual tour, returning almost every year. “Not only are we there volunteering and doing something better with our time, we are also proud to be there representing the Air Force and showing that we are grateful to be a part of the community,” Fisher said.

445th Rising 6 organizes clothing drive for 445th Airmen

The 445th Airlift Wing Rising Six Council held a clothing drive Oct. 2, 2022. The clothing drive was part of a Rising Six project to help members E-6 and below.

Staff Sgt. Anne Smith, 445th Aerospace Medicine Squadron flight and operational medical technician, said the Rising Six spent a couple months receiving donations. Donated items included clothes and shoes for babies, toddlers, women and men.

“I wanted a way that we could impact our community of E-1 through E-6, younger Airmen; Airmen who are maybe starting out and have new families like me. And something I thought that would be helpful and supportive of them and their families was donating clothes,” Smith said. “Clothes are expensive and times are hard, and this was a way we could make an impact in our unit and wing.”

Smith said anyone can still donate items for the clothing drive. Donations can be made at the AMDS front desk, building 4012, throughout the week.

“If you’re full time or come in on the reserve weekend, you can drop them off either at my desk or at the front desk,” Smith said. We’re collecting clothing items and shoes right now.”

Smith said the Rising Six has discussed holding a diaper and wipe drive for new moms and possibly formula as well in the near future. These are some of the

initiatives the council is planning for the future.

“The Rising Six started within AMDS. I’ve been working with Command Chief (Chief Master Sgt. Christopher) Williams as well as the (445th) First Sergeant’s Council to grow the Rising Six,” Smith said.

Smith went on to say, “The Rising Six Council is something that you can grow in. Members are Airmen who are maybe in the same stages of life as you, new to the unit or new to the job. It’s a community where you can network as well as find support.”

“We want the Rising Six to grow, and find other ways to support our community and those within our wing. I think that the best thing Airmen can do for each other is to help each other.”



Senior Airman Angela Jackson

Staff Sgt. Anne Smith, 445th Aerospace Medicine Squadron, welcomes Airmen to clothing drive.



JAG provides Thrift Savings Plan updates, beneficiary designations

By Maj. Kevin Normile

445th Airlift Wing Judge Advocate General

A lot has been taking place with the Thrift Savings Plan ("TSP") program over the last six months. The TSP is the federal government's version of the 401(k) account which is so popular in the private sector. It broadly allows participants to save up to \$20,500 in tax deferred (or "traditional") or "ROTH" accounts where no taxes will be due in retirement.

As of April 1, 2022, more than 1.7 million active-duty and reserve members of our armed forces had accounts. Members under the Blended Retirement System ("BRS") receive a match of up to 5 percent of their basic pay in TSP contributions.

Recently, the TSP program underwent a change in record keeping custodians and added a new "Mutual Fund Window" which will allow for plan participants to pay additional fees to be able

to contribute up to 25 percent of their accounts in participating mutual funds. While the Mutual Fund Window will only matter for those who wish to take advantage of additional flexibility in investment options, all TSP participants who wish to access the website will need to update their user login credentials (username and password). The TSP website address is the same but the layout, features, etc. are entirely new. The new website also makes it very easy to update the beneficiaries of your TSP account balance.

This is vitally important for ensuring that your estate plan works as intended, as the TSP has its own rules for how the account balance is paid out in the event of your death if you don't designate the beneficiaries with TSP. Your will DOES NOT supersede your TSP beneficiary designations.

Likewise, all of your other custodial accounts (401ks, civil service TSP accounts, etc.) and life insurance policies (including SGLI) will normally pay out under the rules associated with each individual account/policy rather than being controlled by your will.

Do you want to avoid an ex-spouse getting the payout from your life insurance policy? If so, you need to update the beneficiary designation. It isn't difficult to get started with this for your TSP account at TSP.gov.

If you have any questions and/or concerns about how your beneficiary designations can fit into your estate plan, please do not hesitate to contact the legal office or see us during legal assistance hours on Scarlet unit training assembly (UTA) weekends.

Set boundaries to ensure self care during holidays

By Ms. Vera McClain

445th Airlift Wing Director of Psychological Health

The holidays can be a wonderful season though they can definitely be affected by recent economic changes. There are some steps that can help you navigate the upcoming season.

Be realistic with what you can do, financially, emotionally and physically. Have open conversations with those close to you on what you can do. Doing this will manage their expectations as well as your own.

Accept your needs. Be good to you. Put your needs on your "to-do list." Recognizing triggers are helpful to destress situations. Once you know what triggers you emotionally and physically, you will be

able to take measures to cope with or avoid those situations.

Be practical with your time, resources and availability. Set boundaries with others and what you can do. If you have a hard time saying no, then practice saying to yourself that it's perfectly acceptable to say no to plans that don't work for you either financially or emotionally. Family dynamics can be intense. Be aware of them and know that you can control your role in situations. Limit time if you need to with others.

Set aside time to take care of yourself. That may be as simple as keeping routine or annual appointments. Daily movement will

release stress-relieving hormones in your body that improve your overall health on many levels.

Manage your intake by giving yourself the 80/20 rule. Daily 80 percent eating well with small indulgences, limiting alcohol and self-medication can help to avoid bingeing behaviors. And rest. HALT, stop when you get too Hungry (eat), Angry (phone-a-friend), Lonely (reach out to trusted people or professionals), Tired (rest).

If you're feeling overwhelmed, it may be time to reach out to someone such as a chaplain or mental health professional. They can help you identify what is going on and assist in ways to support you.



SPOTLIGHT



Master Sgt. Patrick O'Reilly

Rank/Name: Senior Airman Lily Tendero

Unit: 445th Aeromedical Staging Squadron

Duty Title: Aerospace Medical Service Technician

Hometown: Grand Rapids, Michigan

Civilian Job: Peer Advisor for Veteran Education Team Lead at the University of Michigan

Education: I am currently pursuing a bachelor's degree in nursing at the University of Michigan.

Hobbies: I enjoy spending my free time grabbing coffee with friends, working out at my local gym, traveling and spending time with my family.

Career Goal: Advance to the rank of staff sergeant and continue to sharpen my skills as a medic. Though I am keeping an open

mind, I aspire to commission and become a flight nurse.

What do you like about working at the 445th?: The 445th has given me the tools and resources to become a competent and knowledgeable Airman. I truly enjoy the opportunities we get to work with other units which allows for a sense of comradery and increased morale. The leadership in my unit cares deeply about their troops, creating a family-like work culture.

Why did you join the Air Force?: I signed up to serve my country as my grandmother (Kathy) did so many years ago. Kathy was resilient, intelligent and kind. I strive to carry those same characteristics with me while I wear this uniform.

89th AS, 445th LRS welcome new commanders



Tech. Sgt. Joel McCullough



Senior Airman Angela Jackson

(left) Col. Michael Baker, 445th Operations Group commander, passes the guidon to Lt. Col. Francis Saul III, incoming 89th Airlift Squadron commander, during the 89th AS change of command ceremony, Oct. 1, 2022.

(right) Lt. Col. Michael Bennett, 445th Mission Support Group deputy commander, passes the guidon to Maj. Phillip Sobers, incoming 445th Logistics Readiness Squadron commander, during the 445th LRS change of command ceremony, Oct. 1, 2022.



445th SFS defenders coordinate national association meeting

By Capt. Rachel Ingram
445th Airlift Wing Public Affairs



(from left) Brig. Gen. Roy W. Collins, director of security forces, deputy chief of staff for logistics, engineering and force protection; Master Sgt. Ryan Steele; Tech. Sgt. Julio Medina; 1st Lt. Bilal Temsah; and Chief Master Sgt. Donald S. Gallagher, security forces career field manager, pose for a photo during the Air Force Security Forces Association national meeting in Dayton, Ohio, Sept. 21-25, 2022.

The Air Force Security Forces Association, a non-profit organization headquartered in San Antonio, Texas, held its 2022 national meeting in Dayton, Ohio, and eight Reserve Citizen Airmen from the 445th Security Forces Squadron provided logistical coordination and support throughout the event.

More than 200 AFSFA members attended the event, which ran Sept. 15-18, 2022, and included a golf tournament, seminars and demonstrations, a memorial ceremony for fallen defenders, an extended museum tour and an awards banquet. Brig. Gen. Roy W. Collins, director of security forces and deputy chief of staff for logistics, engineering and force protection, as well as Chief Master Sgt. Donald S. Gallagher, security forces career field manager, attended the event.

With the exception of 2020 and 2021, which were cancelled due to public health concerns, the AFSFA holds a national meeting annually, rotating to different bases around the United States and hosting it in San Antonio every third year. AFSFA membership is open to current or former Army Air Corps military police, air police, security police, security forces defenders, and Department of Defense police officers.

Notably, the association, which became a nonprofit

in Texas in 1987 and now has about 50 chapters globally, led the more than \$100,000 effort to erect a defender statue inside the National Museum of the U.S. Air Force.

In the months leading up to the national meeting in Dayton, the association's director, retired Air Force Col. John Probst, provided the outline for each day's activities in advance, and 1st Lt. Bilal Temsah, S4 officer in charge, 445th SFS, meticulously coordinated the supplies and staffing necessary for each activity.

"The team did a great job of adapting on the fly," Temsah said.

Among other tasks, the squadron members organized teams and sponsorships for the golf tournament, distributed refreshments, assembled a four-person Honor Guard flight for a ceremony, and acted as area ambassadors to the guests from across the country.

"The opportunities to network with other professionals in the career field was invaluable," he added.

The 445th SFS also hosted a hospitality suite inside the hotel, stocking it with a variety of refreshments and also staffing it from 7 a.m. to 11 p.m. daily.

By the conclusion of the event, AFSFA leadership publicly recognized each 445th SFS defender for their contributions to the national meeting's success.



Courtesy Photos

Retired Master Sgt. Jim Saulnier, president of the Air Force Security Forces Association, presents a historical artwork print to Defenders from the 445th Security Forces Squadron in recognition of their contributions in supporting the AFSFA's national meeting, held in Dayton, Ohio, Sept. 21-25, 2022.



Wing announces CY 2022 3rd quarter award winners

CGO



Capt. Anthony Busellato, 445th Logistics Readiness Squadron vehicle maintenance flight commander, is the 445th Airlift Wing Company Grade Officer of the Quarter. Busellato led 25 members from five different career fields and different geographically separated units to work together at one of the combined joint operating area's largest ports. He helped direct the movement of more than 4,000 passengers, 2,000 tons of cargo and 1,200 missions, supporting Operation Inherent Resolve's advise, assist and enable mission. He integrated with foreign military sales and Ministry of Peshmerga Affairs missions; transporting 63 tons of cargo, including weapons, worth \$8 million. He supported the Army post office by processing 81 tons of packages for five shipping points. The captain deployed to support Operation Allies Welcome, guiding total force integration with Airmen from 34 career fields and four sections for 2,600 Afghan evacuees and supplied more than 651,000 items valued at more than \$2 million.

SNCO



Master Sgt. Nicole Sturm, 445th Maintenance Group NCO in charge, commander support staff, is the 445th Airlift Wing Senior NCO of the Quarter. Sturm established an aggressive in-house fitness program where she initiated and scheduled 326 Airmen, revitalizing squadron health and decreasing those non-current by 34 percent. Sturm overhauled the group Enlisted Promotion Report (EPR) process by eliminating more than 115 late EPRs within four months, reducing overdue wing evaluations by 85 percent. The senior NCO managed three groups, 14 squadrons and all base profiles. She liaised with finance to rectify financial records, ensuring pay for more than 2,500 personnel. Sturm backfilled a key financial management position, where she was approving and processing 600 orders and facilitated training, missions and operations for more the 25 agencies. The sergeant coordinated and facilitated a group picnic and softball games, bolstering the group's esprit de corps.

NCO



Tech. Sgt. Kevin Kelly, 445th Logistics Readiness Squadron material management apprentice, is the 445th Airlift Wing NCO of the Quarter. Kelly directed the 445th LRS unit deployment manager program; supporting 39 wing members that deployed, moved \$60,000 worth of equipment, primed assets in support of three combatant commands. He averted a major mission set back by driving 16 hours to deliver equipment for two deployers, an effort that guaranteed the members met the combat command required delivery date. Kelly guided the 445th LRS Air Mobility Command team; processing 68 mission impaired capability awaiting parts, enabling 280 sorties and securing 1,000 flying hours, reducing the total non-mission capable supply by 8 percent. The sergeant volunteered 12 hours for four Veterans of Foreign Wars events, preparing two spaghetti dinners and organizing two parades. Kelly propelled an American Red Cross event where he facilitated two local blood drives, helping to prevent a blood and plasma shortage.

AMN



Senior Airman Morgan Reese, 445th Operations Support Squadron analyst, is the 445th Airlift Wing Airman of the Quarter. Reese provided intelligence support for global C-17 Globemaster III operations building three pre-deployment briefings, 11 pre-mission briefings and three mission reports while safeguarding \$340 million in Air Force assets. Senior Airman Reese instructed one NCO and two company grade officers on four mission qualification training lessons and 15 career field education and training plan line items, causing a 23 percent increase in intel manpower. Reese developed the fiscal year 2022 schedule, readying a 13-member flight for physical fitness assessments, resulting in a 100 percent pass rate. The Airman coordinated an intel flight morale day, planned two promotion ceremonies and volunteered at one of the Air Force Marathon hydration stations. Airman Reese completed a Bachelor of Science degree in criminal justice with a minor in cyber security and started a master's program.



News Briefs

Promotions

Chief Master Sergeant
Ashley Byers, AW

Senior Master Sergeant
Nicholas Akins, 87 APS
Jennifer Cashwell, 87 APS
Justin Hunt, 87 APS
Ryan Lamarr, SFS
Zachary Loechler, 87 APS

Technical Sergeant
Jacob Binkley, SFS
Gabriel Clark, 87 APS
Matthew Crotty, ASTS
Joshua Huber, SFS
Dylan Lewislee, 87 APS
Kayla Liggett, AMDS
Tyler Mollohan, AMXS
Terry Ocasio, AMXS
Justin Stephens, LRS
Michael Thompson, 87 APS

Mitchiner Underhill, SFS
Eric Whitt, SFS

Staff Sergeant
Jamaal Chandler, AMDS
Amber Cole, AMDS
Aaron Ruehl, CES

Senior Airman
Steven Benock, 87 APS
Aidan Dill, AMXS
Dean Flores, CES
Nathan Holden, 89 AS
Brooks Lyle, AMDS

Airman First Class
Kevin Kruger, CES
Taiwo Olawore, CES
Kathrine Pietras, ASTS
Kenzie Simon, AMDS

Airman
Joseph Church, AMXS
Tiffany Mwihaki, ASTS

Newcomers

Lt Col Matthew Hylton, AW
SSgt Ryan Thompson, MXS
SSgt Ryan Weddington, AMXS
SrA Zachary Hupp, LRS
SrA Katelyn Kingrey, ASTS
SrA Justin Koors, MXG
A1C Nathan Holden, 89 AS
A1C Shawn Parks, 87 APS
A1C Robert Potter, ASTS
AB Brandon Buchanan, AMXS
AB Destiny McNeal, 87 APS
AB Tiffany Mwihaki, ASTS
AB Chibuzor Odife, CES

Buckeye Flyer

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U.S. Airmen, Soldiers, Kuwait volleyball teams compete



Staff Sgt. Dalton Williams

(left) Tech. Sgt. Mackenzie Logan, 387th Air Expeditionary Squadron passenger travel NCO in charge and deployed 445th Logistics Readiness Squadron Airman, receives a medal from Col. Daniel Santoro, 386th Air Expeditionary Wing deputy commander, during the International Day of Peace volleyball tournament at the Kuwait Sports Club, Kuwait, Oct. 1, 2022. (right) Col. Daniel Santoro, 386th AEW deputy commander, takes a selfie with the 386th AEW Airmen who played in the International Day of Peace volleyball tournament at the Kuwait Sports Club, Kuwait, Oct. 1, 2022. U.S. Airmen, Soldiers and Kuwait volleyball players came together to play in all-female coalition teams in an exhibition of women's strength and empowerment.



Around the wing ...



Master Sgt. Patrick O'Reilly

Senior Airman Carter Kelly, 445th Aircraft Maintenance Squadron crew chief, completes de-icing training on a GL-1800 de-icing truck, Oct. 2, 2022. When the de-icing truck is stationary, the operator is not only able to move their cab around but can also raise and lower the spray nozzle.



Staff Sgt. Ethan Sprickler

Airmen from the 445th Force Support Squadron participate in Alaska Small Shelter System (AKSSS) training, Oct. 2, 2022, at Wright-Patterson Air Force Base, Ohio. The AKSSS provides a rapid deployment option to provide shelter for personnel and equipment in the field.



(left) Airman 1st Class Briana Culver, 445th Aerospace Medicine Squadron health services management, and Senior Airman Kayla Liggett, 445th AMDS HSM, carve pumpkins as part of a pumpkin carving contest between the 445th AMDS and the 445th Aeromedical Staging Squadron at Wright-Patterson Air Force Base, Ohio, Oct. 2, 2022.

(bottom left) First Lt. Amanda Jones, ASTS nurse and Master Sgt. Melissa Dellibovi, ASTS medical technician, display their first place pumpkin.



Photos by Senior Airman Angela Jackson

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