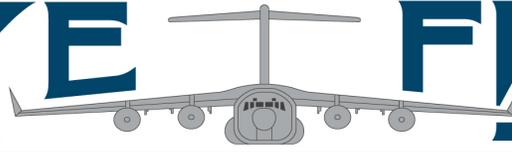


BUCKEYE FLYER



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Senior Airman Angela Jackson

Members of the 87th Aerial Port Squadron, 2022 Squadron of the Year, pose for a group photo with Col. Raymond A. Smith Jr., 445th Airlift Wing commander, and Chief Master Sgt. Chris Williams, 445th AW command chief, during the wing's annual awards banquet at the National Museum of the U.S. Air Force, March 11, 2023.

Wing announces 2022 annual award winners

445th Airlift Wing Public Affairs

Members and families of the 445th Airlift Wing and local community leaders gathered at the National Museum of the U.S. Air Force March 11 to recognize the wing's 2022 annual award winners.

Thirty-seven nominees were recognized at a medalion ceremony prior to the awards banquet and each nominee in attendance was presented a 445th AW medallion by Col. Raymond A. Smith Jr., 445th AW commander.

The banquet kicked off with nominees entering the room as part of the official party. The 445th Airlift Wing Honor Guard posted the Colors and participated in a POW/MIA demonstration. The Air Force Band of Flight's rock band, Flight One, provided entertainment for the evening.

Airmen, family members and the community partner awards were presented first, and the squadron of the year was revealed at the end. The museum center stage area echoed with sounds of sirens, horns and various noisemakers as units cheered for their nominees.

Annual award honors were presented to:

Airman of the Year: Senior Airman Morgan K. Reese, 445th Operation Support Squadron

NCO of the Year: Tech. Sgt. Marjorie C. Butcher, 445th Aeromedical Evacuation Squadron

Senior NCO of the Year: Master Sgt. Justin R. Hunt, 87th Aerial Port Squadron

First Sergeant of the Year: Master Sgt. Eric M. Henry, 445th Aerospace Medicine Squadron

Company Grade Officer of the Year: Capt. Anthony J. Busellato, 87th APS

Field Grade Officer of the Year: Maj. Robert C. Cost II, 445th OSS

Civilian of the Year, Cat I: Mrs. Kristien N. Evans-Gober, 445th AW Financial Management

Civilian of the Year, Cat II: Mrs. Shanna King, 445th Force Support Squadron

Honor Guard Member of the Year: Staff Sgt. Molly M. Hageman, 445th Aircraft Maintenance Squadron

Recruiter of the Year: Tech. Sgt. David G. Morris Jr., 445th AW Recruiting Squadron

Spouse of the Year: Heather N. Rowe, spouse of Chief Master Sgt. Robert J. Rowe, 87th APS

Community Partner of the Year: Miami Valley Military Affairs Association

Squadron of the Year: 87th Aerial Port Squadron
See additional banquet photos on pages 2 and 3.

445th AW honors its 2022 annual awards winners

Airman



Senior Airman Morgan Reese

NCO



Tech. Sgt. Marjorie Butcher

Senior NCO



Senior Master Sgt. Justin Hunt

First Sergeant



Master Sgt. Eric Henry

Company Grade Officer



Capt. Anthony Busellato

Field Grade Officer



Maj. Robert Cost II

Civilian Category 1



Mrs. Kristien Evans-Gober

Civilian Category 2



Mrs. Shanna King

Honor Guard



Staff Sgt. Molly Hageman

Recruiter



Tech. Sgt. David Morris Jr.

Spouse



Mrs. Heather Rowe

Community Partner

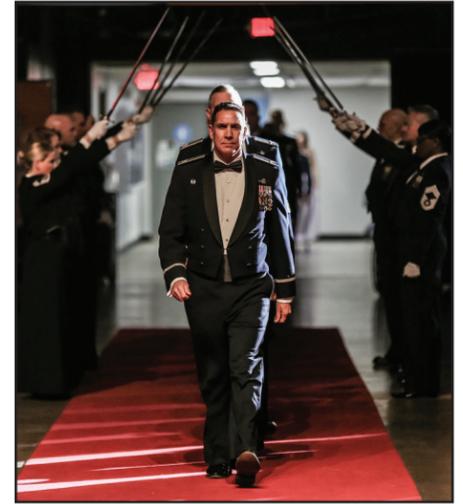


Miami Valley Military Affairs Association



The 445th Airlift Wing held its 2022 annual awards banquet at the National Museum of the U.S. Air Force March 11, 2023. A medallion ceremony was held before the banquet. The official party entered under an arch of swords, and members from the 445th Base Honor Guard remembered POW/MIA members. The Air Force Band of Flight's rock band, Flight One, provided music after dinner. Squadrons cheered loudly for their nominees and winners with noisemakers of all varieties.

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



445th AES Airmen train to maintain readiness

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

What happens when a military member is injured overseas and needs transport to a military hospital in another location?

The 445th Airlift Wing has the answer in the form of flight nurses and medical technicians with the 445th Aeromedical Evacuation Squadron who provide aeromedical evacuation on multiple airframes, including the C-17 Globemaster III aircraft – an ambulance of the skies.

According to Capt. Nate Copen, 445th AES director of operations and a senior air reserve technician, training is kept up often and is very frequent compared to sister squadrons due to access and commanders.

“We are fortunate to have aircraft in our backyard and that our leadership allows us to fly as much as we do,” Copen explained.

The AES flies a minimum of nine missions a month, flying once a week and during unit training assembly weekends. Additionally, they fly one cross-county flight that is usually a three-day, off-station training to a random location.

The February and March UTAs for the squadron were filled with even more training than usual. They had an additional cross-county flight in February, and in March, there were two additional cross-country flights. This afforded the AES to fly a total of 16 days out of 31 in the month.

Aeromedical readiness missions, or ARMs, are three-hour missions, minimum, the squadron flies regularly. Copen said all AE crew members must maintain currency and fly a minimum of once every 90 days, as well as ensure tasks be accomplished during semi-annual events, the majority of which must be done on a flight.

“The whole point of these missions is to train,” Copen said. “As a Reservist, the name of the game is readiness because at any point we could be called up.”

Additionally, Copen said it exposes crew members to the stresses of flight and what it’s going to feel like when they are bombarded with patients, ground members and other distractions. On top of that, it also



Master Sgt. Patrick O'Reilly

Members of the 445th Aeromedical Evacuation Squadron carry a patient on a litter during a medical training scenario onboard a C-17 Globemaster III, Jan. 20, 2023. AES flies at least nine missions each month

shows them what it feels like to integrate with members outside of the squadron.

“When an AE member deploys, they do not go with their own squadrons,” Copen said, highlighting this is known as “rainbowing” in the AE world.

The members will not only be mixed with AE members from other squadrons in the Reserve, but also from Guard and active-duty units.

“We are trying to mitigate the lack of rapport,” Copen explained. “By flying with other AE squadrons, we are already getting past that storming, norming, conforming ideal.”

The mixed-unit training lends to collaboration.

“We also learn from them,”

said Master Sgt. Brenna Pogoy, 445th AES, NCO in charge of aircrew training and senior ART. “Sometimes they just do things differently and it goes the other way too. They learn from us just the same.”

Pogoy said the squadron trains for a wide variety of scenarios where they may or may not be given information for patients dropped off at the aircraft.

“No one at this unit can say there wasn’t enough; I wasn’t ready; there wasn’t an opportunity,” Pogoy said.

She explained the AES chooses their missions by what they can get out of it for training not by what place they can visit.

Both Copen and Pogoy said the 445th AES has a reputation within the AE community as being the “squared away” unit that shows up to work.

Copen added they want their members to think about a mission as being that difference between saving a life or not.

“I tell our members that they need to take every single one of their flights as serious as they can because this could be the last time they train before getting a real mission,” Copen added. “It’s imperative that when people show up here that they treat it like a real mission.”

“AES bases its training on the quote, ‘When you are under pressure, you don’t rise to the occasion; you sink to the level of your training,’” Copen said. “We live by that here.”

Jiu-Jitsu: Its role in Comprehensive Airman Fitness

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

At the 445th Civil Engineer Squadron, one Airman combined his passion for fitness and love for Brazilian Jiu-Jitsu to provide comprehensive fitness development opportunities for members while deployed.

Jiu-Jitsu focuses primarily on defensive moves and involves grappling until the opponent can be placed in a position where they cannot inflict damage. Unlike some other combat disciplines, it doesn’t rely on striking to incapacitate an opponent.

“Martial arts form a solid foundation of self-confidence,” said Master Sgt. Sean Sullivan, 445th CES assistant fire chief of training. “They are mainly defensive arts, and they aren’t meant to give someone the ability to go and create conflict; they are a means to prevent conflict.”

While it does involve physicality, it requires a dedication to learning how to set up submissions and put learned moves into practice, explained Sullivan, who has been doing Jiu-Jitsu for 11 years.

This is why Jiu-Jitsu can encompass all four pillars of Comprehensive Airman Fitness – physical, mental, social and spiritual.

In Sullivan’s experience, martial arts training bolstered his ability to manage stress and helped build positive relationships with other like-minded martial artists.

“There is so much mutual respect shown between people who practice Jiu-Jitsu,” Sullivan said. “One of the things that we say is that you never leave the mat angry. In my experience, I leave feeling that a great weight was lifted from my shoulders because grappling forces me to mentally and physically shift gears.”

“It forces you to rely on your own ability to learn and implement that knowledge,” Sullivan continued. “The mental aspect of martial arts is that it forces you to rely on others for training, but it also forces you to rely on yourself when putting that training into practice.”

According to Sullivan, the “wide variety of people,” both on deployment and at home in Kentucky, is critical to the social pillar.

“The biggest advantage to having such a diverse group of people involved, learning while pursuing this common interest, is that we were able to build relationships that extended beyond the mat,” said Sullivan. “Lifting in the gym, running, these are great tools for improving yourself, but I wanted to do something different as well.”



Courtesy Photo

Master Sgt. Sean Sullivan, 445th Civil Engineer Squadron assistant fire chief of training, demonstrates a Brazilian Jiu-Jitsu submission technique while training during a recent deployment. Jiu-Jitsu is a martial art that can bolster an Airman’s Comprehensive Airman Fitness, touching upon all four pillars – physical, mental, social and spiritual.

“It ends up becoming a bonding moment for a lot of people who wouldn’t necessarily have interacted with each other in any other setting,” he explained.

Jiu-Jitsu achieves more than the physical, mental and social aspects, it can also center and ground those who participate, adding the last pillar of CAF.

“We were able to use training Jiu-Jitsu as a de-stressing moment, temporarily shutting out the military, the location we were in and everything else we had going on,” Sullivan explained. “Once you crossed the threshold to the mat area, your rank didn’t matter, but we still focused heavily on respect. We had officers, enlisted, contractors and joint forces members training together. We put all that to the side to focus on Jiu-Jitsu.”

Airmen are encouraged to pursue opportunities to improve resiliency and fitness, and there are many options available, including Jiu-Jitsu.

“Anybody that asks me about it, I say they should at least give it a try,” Sullivan said. “Like any other rewarding activity, the quality of what you put into it influences what you get out of it. With Jiu-Jitsu, there are so many positive aspects to what it can do for you if you put the work in.”



SPOTLIGHT

Rank/Name: Senior Airman Jordan E. Terry

Unit: 445th Aircraft Maintenance Squadron airframe, propulsion and general section

Duty Title: Assistant Dedicated Crew Chief

Hometown: : Beavercreek, Ohio

Civilian Job: Works full-time as an Active Guard Reserve crew chief for 445th AMXS

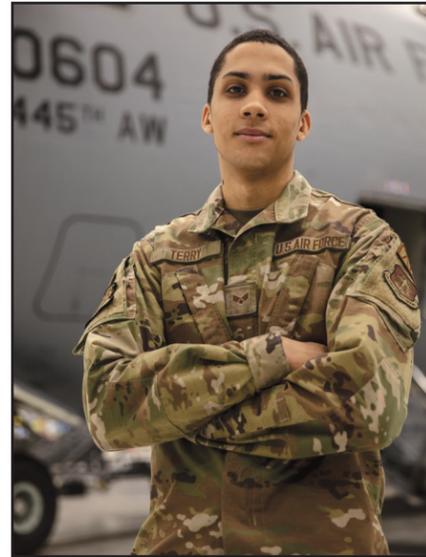
Education: Currently pursuing a Bachelor of Science in aircraft maintenance management at Embry-Riddle Aeronautical University

Hobbies: Enjoys hiking local trails, fishing, cooking out with family, bonfires, Cincinnati Bengals football

Career Goal: Serve a full career as a maintainer, and leader in the U.S. Air Force Reserve and eventually retire as a chief master sergeant.

What do you like about working at the 445th?: The 445th Airlift Wing provides me with the opportunity to learn firsthand from highly experienced maintainers who push me to improve everyday as a technician and a leader. The 445th also blesses me with the opportunity to travel to new places and meet people from many different backgrounds.

Why did you join the Air Force?: Since I was a kid, I had a passion for military technology and aircraft. Some of my coolest memories were playing outside as a kid and seeing the ginormous C-5 fly over my backyard. When my father informed me that the 445th



Master Sgt. Patrick O'Reilly

Airlift Wing had an opportunity for me to perform my dream job while staying in my hometown, I could not say no.

Prioritize mental health as much as physical health

By Vera Ensalaco
445th Airlift Wing Director of Psychological Health

We all need a little help from time to time. There are songs made, books written and movies made about it – all conveying the message we don't have to carry our burdens alone.

If that is so, then why are there negative stigmas and attitudes about psychological health?

This causes a barrier in members seeking assistance or engaging in care when needed.

No one would fault a diabetic or someone with a broken appendage for getting treatment.

Yet, there can be negative perceptions when someone seeks services for emotional and mental health.

Our emotions and thoughts are equally important in our daily functioning.

Often, individuals wait until things begin to break, resulting in the need for immediate attention.

People are concerned about impact on career. Fair enough. However, if issues are allowed to build, your

work performance is likely already being impacted.

Seeking assistance early can prevent a crisis and get your life back on track.

It's like hitting a small bump in the road versus one of the large potholes that are common this time of year.

What would be ideal is to have a mental health or emotional well-being routine check up on a regular basis, like a vision exam or dental cleaning.

Care for our emotions and our thoughts is directly connected to our daily functioning and overall health.

It is said that a burden shared is diminished, or at least halved.

If you are having issues, or someone to just run thing by, find someone in one of our helping agencies, a trusted person or colleague.

We're in this together so let's offer each other support without judgment.

News Briefs

Newcomers

- Capt MacKenzie Dunaway, AW
- Capt Eric Wrenn, 89 AS
- 1 Lt Alex Allgower, 89 AS
- 1 Lt Brandon Ashcraft, AES
- 2 Lt Alonso Curiel, FSS
- 2 Lt Brad Smith, 89 AS
- MSgt Dimitry Cripps, ASTS
- MSgt Shawn Ruth, MXG
- TSgt Josh Compston, AES
- TSgt Israel Roman, AW
- SSgt Meghan Gargas, 87 APS
- SSgt Tristan Ortiz, CES
- SrA Prosper Funwie, ASTS
- SrA Jacoby Kinder, AES
- SrA Georzena Lynn Sumang, 87 APS
- A1C Laketa Hargraves, ASTS
- A1C Alexis Risner, SFS

Amn Joanny Shivers, 87 APS

Promotions

Master Sergeant
Sean Estell, LRS
Felicia Johnson, FSS
Joy Palmer, ASTS
Philip Pinillos, OSS

Technical Sergeant
Molly Hageman, AMXS
Kayla Miller, FSS
Michael Robinson, FSS
Aaron Watts, CES
Brian Wylie, AMXS

Staff Sergeant
Alyssa Flynn, AW
Colin Kipp, AMXS
Mariah Payne, 87 APS
Derek Reighard, AMXS

Senior Airman
Joseph Church, AMXS
Andrei Domasin, AMXS

Prosper Funwie, ASTS
Alexandria Harris, MXS
Roshan Portel, LRS
Victor Sandoval Gutierrez, AMXS
Massiyah Smith, AMXS
Abigail Webber, ASTS

Airman First Class
Daisa Feaster, ASTS
Tiffany Mwhaki, ASTS

Retirements

Maj Dustin Cramer, 89 AS
Capt David Gunkelman, AES
SMSgt Matthew Millis, FSS
SMSgt Sean Smith, ASTS, AW
MSgt Adam Naber, MXS
MSgt Christopher Lipps, AES
TSgt Robert Bunch, CES

Buckeye Flyer

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How to evaluate life, work environments to avoid back injury

By Master Sgt. Joe Klimaski
445th Airlift Wing Occupational Safety & Health

Back injuries are one of the most common injuries suffered occupationally each year. The Bureau of Labor Statistics reports more than one million workers suffer back injuries every year.

Additionally, over two million back injuries occur across the U.S. with 80% of adults suffering a back injury throughout their life.

While these statistics aren't meant to be doom and gloom, the reality is there's a good chance you could injure your back (at work) if you don't protect yourself by evaluating your lifestyle and work environment.

Starting with the obvious, maintaining a high level of fitness is the first line of defense in protecting yourself against back injuries. It's well known that keeping your body in good health will greatly reduce the chance of injury.

Also, doing your best to work in an ergonomically friendly environment is of equal importance. If your job requires you to lift or pick-up objects, use care/caution when lifting.

We all know the saying, "Lift with your legs, and not your back," but all too often people still improperly lift loads off the ground and the result is a back injury.

Remember, when you're going to lift an object, keep your back straight and your knees bent while keeping the object as close to the body as possible, then engage your legs and core while lifting the object.

And for the predominantly office workers out there, keep in mind you're also susceptible to back injuries. Sitting for long periods of time, especially in positions of bad posture, can create strain and stress on the spine and neck.

Therefore, make it a point to focus on good posture, and if possible, try to switch between sitting and standing throughout the day. By the way, standing desks are awesome!

While back injuries can't be completely eliminated, you can reduce the chance and severity of injury by maintaining good fitness, being aware of the ergonomic environment and using proper lifting techniques.



Around the wing ...



Master Sgt. Patrick O'Reilly

Col. Nathan T. Day, 445th Airlift Wing vice commander, talks about leading change and culture during the 445th AW's Leadership Symposium, or L.E.A.D. (learn, equip, affect, develop), at the Wright-Patterson Club on Wright-Patterson Air Force Base, Ohio, March 9, 2023. About 30 people attended the four-day event.



Master Sgt. Patrick O'Reilly

Master Sgt. Felipe Henao, center right, 445th Base Honor Guard program manager, provides refresher training on military funeral honors to honor guard members during Train the Trainer at Wright-Patterson Air Force Base, Ohio, March 15, 2023. The Airmen support the WPAFB Honor Guard across six states when needed.



Senior Airman Angela Jackson

Members of the 445th Aeromedical Staging Squadron load a mannequin onto a bus during mission training at Wright-Patterson Air Force Base, Ohio, March 12, 2023.



Tech. Sgt. Joel McCullough

Tech. Sgt. Matt Crotty, right, 445th Aeromedical Staging Squadron medical technician, trains 445th Airlift Wing members on how to conduct rapid casualty assessment during a Tactical Combat Casualty Care course, March 12, 2023. Nearly 50 Airmen completed TCCC in March.



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