

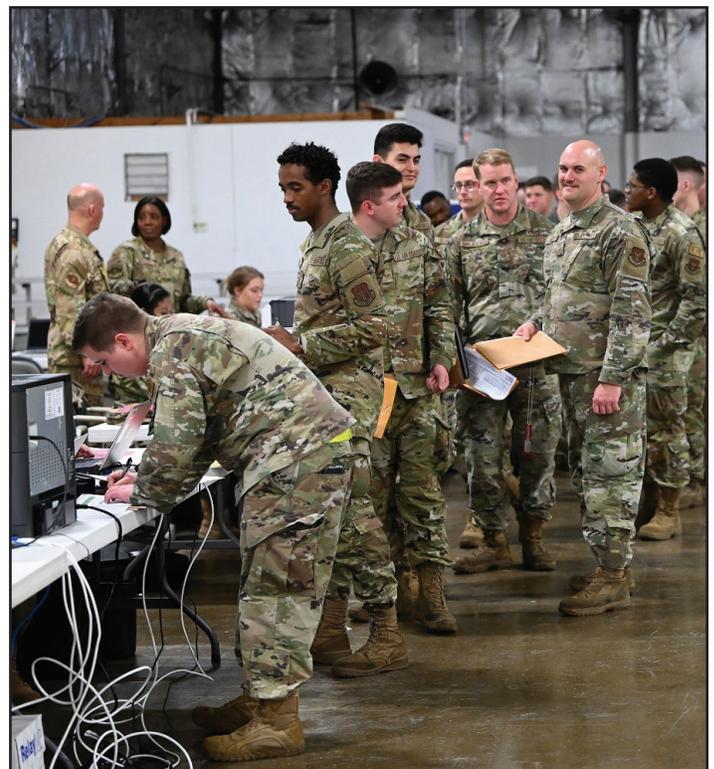
# BUCKEYE FLYER

Wright-Patterson AFB, OH

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## 445th Airlift Wing deploys about 140 Airmen



Col. Raymond A. Smith Jr., 445th Airlift Wing commander, bids farewell to Reserve Citizen Airmen. The 445th Airlift Wing, an Air Force Reserve unit assigned to Wright-Patterson Air Force Base, Ohio, prepped and deployed about 140 people, Oct. 27-29, 2023. In addition to personnel, four C-17 Globemaster III aircraft and cargo were used to support these efforts – the wing's first C-17 force element mobilization.

Photos by Master Sgt. Patrick O'Reilly

## Tips to stay safe during holiday season

By Amanda Dick  
445th Airlift Wing Public Affairs

The end of each year brings many holiday festivities. It's a time to spend with family, friends and loved ones while remembering those deployed away from family.

It can also be a time of higher risk when traveling, decorating, using the fireplace, preparing food and shopping for gifts.

### Travel

Many people travel during the holidays. Whether it's spending time with family or taking a destination trip for New Year's Eve, make sure you're staying safe while driving.

- Ensure your car is ready for winter by keeping an emergency kit in it
- Avoid driving while drowsy by getting enough sleep the night before
- Plan ahead for traffic, leaving early if needed
- Buckle up
- Plan for someone to be the designated driver who remains sober of alcohol and drugs

### Decorations

While decorating brings the joy of the holidays, it can also land people in the emergency room.

- Check to make sure your artificial tree is labeled "fire resistant"
- Remove around two inches from the trunk of a live tree to expose the fresh wood – this will help with water absorption
- Position trees three feet away from heat sources to include fireplaces and radiators
- Use the appropriate lights (indoor lights for indoors and outdoor lights for outdoors) – select the correct ladder when hanging lights
- When leaving the house or going to bed, ensure lights and decorations are turned off

### Fire/Fireplace

Candles are a great aesthetic during the holidays, and fireplaces get used more during the winter months when we've decorated our homes for the holidays.

- Candles need to be located in areas where they can't be easily knocked down and are out of reach of children
- Replace burn candles with flameless candles near flammable objects
- When using the fireplace, ensure there is a screen on the fireplace at all times
- Make sure candles or fireplaces aren't left

burning unattended or when asleep

- At least yearly, check fireplaces and keep the chimney and fireplace clean

### Food preparation

The holidays are a time for appetizers and grazing on delicious food throughout the day. However, that can sometimes lead to food safety issues.

- When handling food, wash hands often
- To ensure meat is safe to eat, use a food thermometer to ensure proper temperature
- Refrigerate hot and cold leftovers within two hours of serving
- Ensure separation of raw meat and fresh produce
- Avoid cross-contamination by using separate cutting boards and utensils for uncooked and cooked meat

### Shopping

Whether you enjoy shopping and the crowds during holidays or don't, child safety is paramount while searching for that perfect gift for your child, grandkid, niece or nephew, cousin, or friend's child.

- Choose toys for the correct age range not based on their intelligence or physical abilities
- Avoid toys with small parts that could be choking hazards for children under 3, and toys that need to be plugged into an outlet for children under 10
- Be careful with toys that have button batteries or magnets, as they can be harmful or fatal when swallowed
- Gift the appropriate safety gear when giving scooters and other riding toys
- Check the U.S. Consumer Product Safety Commission's recall website at [www.cpsc.gov/Recalls](http://www.cpsc.gov/Recalls) to see if the gift you bought has been recalled or not

For more tips this holiday season, visit <https://www.nsc.org>, click on "Community Safety" at the top, then click on "Safety Topics," then "Seasonal Safety," and finally "Holiday."

*Tips and information for this article were gathered from the National Safety Council, U.S. Consumer Product Safety Commission, National Fire Protection Association and U.S. Department of Health and Human Services websites.*

## Port Dawgs: The driving force behind mission success

By Capt. Rachel Ingram  
445th Airlift Wing Public Affairs



Senior Airman Angela Jackson

**Senior Airman Cicely McWhorter, 87th Aerial Port Squadron passenger services representative, gives hand signals to Staff Sgt. Chase Sweeney, 87th APS cargo representative, during a Port Dawg Challenge at Wright-Patterson Air Force Base, Ohio, Feb. 4, 2023.**

Each day, the U.S. Air Force transports passengers and equipment around the globe integral to its big-picture mission.

The Airmen responsible for preparing, loading and offloading people and cargo are members of the 87th Aerial Port Squadron, informally known as Port Dawgs.

In the APS, Master Sgt. LaSal Austin manages the material handling equipment program. As part of his duties, he tracks and manages the driver's licenses for every Airman in the squadron.

"Everything the Air Force does in a deployed location requires a 2T2 Airman to be there to move, ship, or transport equipment and personnel," Austin said, referring to the 2T2X1 Air Transportation Air Force Specialty Code. "Our Airmen carry a wide range of credentials on their military driver's licenses."

Passenger buses, forklifts, staircase trucks, cargo loaders and lavatory service trucks are among the types of vehicles Port Dawgs are licensed to operate, both at home station and in-theater.

Because operational tempo overseas can be quite

high, Staff. Sgt. Bryce Phelps, 87th APS passenger services representative, explained it's essential that Port Dawgs feel confident in their ability to safely operate various types of material-handling equipment.

Phelps completed refresher training on several pieces of MHE during the November unit training assembly.

"During one deployment, an Airman I worked with was transferred to three different duty sections within the aerial port," he recalled. "You have to be knowledgeable about all of the vehicles to accomplish the mission."

Phelps' supervisor, Tech. Sgt. Kevin Shaffer, was also on that deployment and, upon arrival, ended up working in a completely different duty section of the aerial port.

Shaffer works full time as a contractor in the host unit's aerial port at Wright-Patterson Air Force Base, Ohio, so he provides much of the vehicle training for his wingmen in the 87th APS.

"When you deploy, you work wherever they need you, and the other people on the team are counting on you to know what you're doing," Shaffer said.

While it is possible to complete vehicle training in theater, Austin said the squadron tries to maintain readiness, so they can hit the ground running on a deployment.

The 87th APS typically conducts some type of hands-on vehicle training every UTA, placing an extra emphasis on cross-training between sections, so that Airmen are familiar with the vehicles used in other sections of their career field.

"Refresher trainings are important," Austin added. "It's not about sitting in a classroom, talking about vehicles. We want our Airmen out there, driving and getting comfortable."

When the mission requires, Austin said Port Dawgs behind the wheel of any of these vehicles may cross an active runway to ensure the on-time movement of critical shipments.

Because of the risk associated with that, airfield driving training is an annual requirement for all licensed Port Dawgs. The training covers topics like communicating with the air traffic controller, understanding light signals, parking on the flightline and approaching aircraft.



## Around the wing ...



Master Sgt. Patrick O'Reilly



Staff Sgt. Ethan Spickler

(left) Tech. Sgt. Charles Swaim, 445th Maintenance Squadron aircraft structural maintenance technician, performs general maintenance on a sheet metal power shear machine at Wright-Patterson Air Force Base, Ohio, Nov. 16, 2023. The machine, built in 1941, can cut through up to three-eighths of an inch of sheet metal used for parts on a C-17 Globemaster III aircraft. (right) Senior Airman Adrian Dela Cruz, 445th Security Forces Squadron fire team member, applies a tourniquet on Airman Basic Puja Khabatari, 445th SFS fire team member, during a Tactical Combat Casualty Care course at Wright-Patterson Air Force Base, Ohio, Nov. 5, 2023. TCCC was developed by the U.S. Department of Defense's Defense Health Agency Joint Trauma System to teach evidence based, life-saving techniques and strategies for providing the best trauma care on the battlefield.

## Man on the street



**Master Sgt. Christian Terrill, 445th Aerospace Medicine Squadron**

*If you could have one gift for Christmas, what would it be?* A white Christmas. The best part of Christmas growing up was playing in the snow with my cousins, waiting to open presents.

*Why?* I'd like my kids to have the same experience.



**Sherri Candler, 445th Airlift Wing Financial Management**

*If you could have one gift for Christmas, what would it be?* To take a family reunion cruise with my whole family.

*Why?* We used to get together all the time, and because of "life," we just don't anymore. I miss that.



**Capt. Ryan Benson, 445th Operations Group**

*If you could have one gift for Christmas, what would it be?* A farm with a grass runway.

*Why?* I have a passion for aviation and an interest in farming. The farm would give me the best of both worlds – farming and flying!



**Master Sgt. Stephanie Fisher, 445th Maintenance Group**

*If you could have one gift for Christmas, what would it be?* To win the lottery if I could, or pay off all debt.

*Why?* Financial freedom and to take care of my family.



## Legacy of leadership continues in Gettysburg

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

Col. Donald Wren, 445th Mission Support Group commander, led his final leadership staff ride to Gettysburg, Pennsylvania, Oct. 22-27.

Reserve Citizen Airmen ventured to the historic battlegrounds to reflect on what it means to be a leader. The experience is part of an array of leadership programs in the Air Force to help pave the way for future leaders.

"Gettysburg Leadership Staff Ride is a unique experience that allows members to gain and assess their leadership skills and tactics outside of a classroom," said Maj. Nathaniel Copen, 445th Aeromedical Evacuation Squadron director of operations. "Members can immerse themselves in the actual environment where the battle of Gettysburg occurred. While receiving information on specific aspects of what the leaders of both the Union and Confederate armies were experiencing, members can visualize the same setting as those leaders.

"Each day builds upon the previous day and allows members to assess their own thoughts and opinions on how they would have reacted in their roles," Copen continued. "I found myself reflecting on my experiences as an officer and those correlated with the officers of both armies during the battle of Gettysburg. One of my biggest take-aways, was

that leadership is not perfect and like a fulcrum, there is a constant balance between transformation and transactional leadership."

Wren organized the first iteration of the 445th Airlift Wing's staff ride in 2010. Since then, dozens of 445th Airmen have participated in the week-long historical and educational tours. The staff ride 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.

"As leaders at every level, we need to constantly improve our critical analysis skills, learn, reflect, and grow both personally and professionally," said Col. Barry Crane, 307th Mission Support Group commander from Barksdale AFB, Louisiana, who also helps run the staff ride. "This leadership staff ride, especially with Gettysburg's history, allows us to think about what happened using past events and incorporate transformational leadership lessons for us as individuals and improve our units back home."

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.

"Overall, this was a great opportunity and an excellent course for our NCOs and officers to build upon their careers as leaders," Copen said. "The cadre were very well versed and provided great examples of leadership for us members to build on each day. There was a sense, throughout the week, that not only were we being taught about the leadership aspects of Gettysburg, but that the cadre was passing the torch down to us future leaders. In the end, I walked away with a better sense of my leadership style and ways that I can continue to build up my foundation as an officer and grow in my role."

Along with Airmen from the 445th AW at Wright-Patterson AFB, Ohio, the event also included active-duty members assigned to WPAFB's 88th Comptroller and Communication squadrons, as well as reservists from geographically separated units assigned to WPAFB's 655th Intelligence, Surveillance, and Reconnaissance Wing, and the 315th AW from Joint Base Charleston, South Carolina.

Even though Wren will be retiring, the Gettysburg Leadership Staff Ride will continue with the next one scheduled for June 2024.



Master Sgt. Patrick O'Reilly

**Col. Donald Wren, 445th Mission Support Group commander, addresses military members at the New York 95th Infantry, 2nd Brigade, 1st Division, 1st Corps monument, during the Gettysburg Leadership Staff Ride, Pennsylvania, Oct. 24, 2023.**



# SPOTLIGHT



Courtesy Photo

**Rank/Name:** Tech. Sgt. Isaac Pacheco

**Unit:** 89th Airlift Squadron

**Duty Title:** C-17 instructor loadmaster

**Hometown:** Albany, N.Y.

**Civilian Job:** Bar bouncer

**Education:** Bachelor of Arts in Air Transportation from THE Ohio State University. While completing my degree at OSU, I amassed 260 flight hours and earned my Private, Instrument, Single and Multi-Engine Commercial pilot ratings.

**Hobbies:** Travel, hiking and going to concerts

**Career Goal:** Commission and become a pilot with the 89th AS

**What do you like about working at the 445th?** I like being able to set my own schedule, seeing the world, and spending time with great people. I came to the 445th from active duty as a flight engineer on the Osprey from the special ops world. As a flight engineer, I was a critical crew member acting not only as an engineer but also operated aerial guns and was a crewmember with U.S. Special Forces folks.

**Why did you join the Air Force?** I joined the Air Force to continue my family's military tradition to have a better time than they did in the Army.

## Keep occupational injuries at bay with good housekeeping

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

Poor general housekeeping is one of the leading causes of non-fatal occupational injuries. According to the National Safety Council, 15% of all accidental deaths are caused by slips, trips and falls linked to poor general housekeeping in the workplace.

Additionally, poor housekeeping can also be considered a key indicator of inadequate safety culture and climate.

Think of this in terms of going to a restaurant and the restroom is an absolute catastrophe. You can only imagine what's going on in the kitchen and behind the scenes where your food is being prepared.

Needless to say, general housekeeping is an extremely easy area to address, but it's also an area that's most often neglected by supervisors and employees.

In accordance with Occupational Safety and Health Administration Standard 29 CFR 1910.141, employers and supervisors are required to keep places of employment in a clean and orderly condition.

While it seems very trivial on the surface, small general housekeeping issues can easily become occupational safety hazards, and places employee health and safety at risk.

For more information, contact the 445th Airlift Wing Safety Office at DSN: 787-5767.



## News Briefs

### Promotions

**Master Sergeant**  
Tiffany Gifford, LRS  
Stephanie Koth, AW  
Jared Lydon, MXS  
Michael Ward, MXS

**Technical Sergeant**  
Thomas Ashbrook, OSS  
Patrick Jennings, AES  
Constantin Muhire, LRS  
Casey Schlotman, LRS  
Jonathan Strunk, LRS  
Ryan Weddington, AMXS

**Staff Sergeant**  
Patrick Bennett, AMXS  
Carter Kelly, AMXS  
Shareeqe Sadiq, 87 APS  
Ethan Stone, AMXS

**Senior Airman**  
Natalia Laziuk, 87 APS

**Airman**  
Carissa Dillard, ASTS

### Newcomers

Capt Jessica Wilson, ASTS  
1 Lt Emily Cheek, AES  
1 Lt Timothy Struska, AES  
1 Lt Emyli Quain, AES  
2 Lt Elizabeth Newton, AES  
SSgt Jeremiah Bell, 87 APS  
SSgt Zachary Hough, CES  
SSgt Anthony Leo, 87 APS  
SSgt Nathan Lopez, AMXS  
SSgt Austin Miller, AMXS  
SSgt Nicholas Sutton, ASTS

SSgt Cameron Zihlman, SFS  
SrA Cameron Clark, LRS  
SrA Evan Garcia, AMXS  
SrA Terra Hengeler, FSS  
SrA Ryan Martin, MXG  
SrA Adam Sotak, AMXS  
SrA Marcus Whitaker, AW  
SrA Austin Wise, LRS  
A1C London Foreman, MXS  
A1C Colter Hess, MXG  
A1C Krishnankitty Prejith, CES  
A1C Christina Stokes, FSS  
AB Jonathan Pascualopez, LRS



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## Stress during the holidays

By Vera Ensalaco  
445th Airlift Wing Director of Psychological Health

Blue Christmas isn't just a song by Elvis. It actually is a fairly common reaction to the upcoming holidays.

Many things can add to our mood during the holidays. Internal and external pressures lead to stress. There is stress, distress and eustress.

Stress is an everyday thing. Eustress is the stress from the happier times in life like the birth of a baby, new home, relationship, holidays, vacations, events and parties. All of these can be warmly anticipated and add pressure. Distress is when we become overwhelmed and there is a negative effect on us.

You may have someone gone this holiday season as well. Maybe, you have a child off to college, someone is deployed, someone has moved, or sadly someone (or you) becomes ill, or you may have lost someone.

All these things can add to our emotional well-being, and ultimately, how we function day by day. We cannot always control things that happen around

us; though, we can control how we react to them.

There are some good ways to deal with pressure and there are some not-so-good ways. We can begin to not take care of ourselves in ways such as poor diet, lack of exercise, isolation, substance misuse, etc.

It's okay to splurge or miss a workout. Have a few cookies, just not the entire box (need to make a mental note of this myself).

It's okay if we miss a workout, maybe just move more the next day. Be gentle with yourself if you find yourself off track. You know where the track is and can get back on it.

If you're feeling overwhelmed, hurting, grieving, needing someone to talk with, please reach out. Reach out to a trusted colleague, supervisor, someone from one of our helping agencies such as a chaplain, resiliency sergeant, military and family readiness, this office.

We wish you the very best holiday season and want you to know that we are here for you.



# Wing SNCO attends Marine Corps Staff NCO Academy

By Stacy Vaughn  
445th Airlift Wing Public Affairs



Courtesy Photo

**Master Sgt. Rebecca Stammen, 445th Airlift Wing Resilience Integrator, is pictured with her flight during the U.S. Marine Corps Staff NCO Academy at Camp Lejeune, N.C., Sept. 28, 2023.**

Master Sgt. Rebecca Stammen, 445th Airlift Wing Resilience Integrator, has a wealth of new information and techniques she can use when mentoring wing Airmen after completing the U.S. Marine Corps Staff NCO Academy recently.

Originally, Stammen was selected as an alternate to attend the seven-week course at Camp Lejeune, N.C. Aug. 9 to Sept. 28. Four weeks before the class start date, the primary fell out, and she was selected to go. She graduated with Academic Excellence by achieving the highest grade point average in the class.

“I loved it,” Stammen said. “It was so much fun. It was so different than the Air Force classes I’m used to. Then there was the physical side of it. We’re not as focused on that, but they were very serious about their physical training.”

Stammen said the course is equivalent to the Air Force Senior NCO Academy. Her class included another Air Force Airman, one person from Zambia, one person from Hungary, and the rest Marines.

“We were in a big class of 71, and we broke up into different flights for different activities,” Stammen added. “There were 12 people in my group. In the morning, we’d spend time in the large class, and then all the activities based on that information we would take back to the small group and then we’d come back to the big group for presentations.”

Stammen said she knew the course was going to be a challenge as soon as she and her classmates arrived, as they had to do the Marines version of their fitness evaluation. If you didn’t pass, you went home.

“I think there was seven people who left that very first day because they didn’t pass the test, Stammen. “We had PT three days a week on top of the seven weeks of instruction and presentations.”

Stammen said she recommends the course to those interested in gaining a unique perspective on military style and leadership skills. After class, she found it necessary to re-read the material to comprehend the acronyms and information presented fully. She then had to develop her presentations for the Marines and two international students in a way that helped them become more familiar with the Air Force and her career field.

“If I can do it, anybody can do it,” she continued. “The course gives you a different perspective from how we do things here to how other services are doing it and what their focus is. It wasn’t the day-to-day leadership; it was the wargaming and what that looks like and how you prepare yourself for that, both with education and different ways of learning, and how to operate in a joint environment as well as the physical aspects of it.”



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