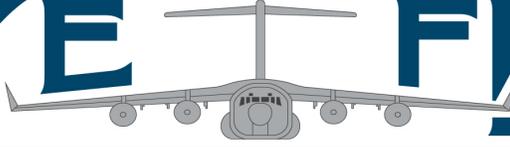


BUCKEYE FLYER



Wright-Patterson AFB, OH

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Senior Airman Angela Jackson

Members of the 89th Airlift Squadron, 445th Airlift Wing's 2023 Squadron of the Year, pose for a photo with Col. Matthew Muha, 445th Airlift Wing deputy commander, and Chief Master Sgt. Gordon Wager, 445th AW command chief, during the wing's annual awards banquet at the National Museum of the U.S. Air Force, March 9, 2024.

Wing announces 2023 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 9 to recognize the wing's 2023 annual award nominees and winners.

About 50 Airmen and family members were honored at a medallion ceremony prior to the awards banquet. Col. Matthew Muha, 445th AW deputy commander, presented each nominee in attendance a 445th AW medallion.

The banquet began with nominees entering the room as part of the official party as the Chiefs Group formed a saber arch. The 445th Honor Guard posted the Colors and participated in a POW/MIA table demonstration. The Air Force Band of Flight's rock band, Flight One, provided entertainment for the evening.

Awards were presented to Airmen, family members and the community partner, and event concluded with the announcement of squadron of the year.

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:** Staff Sgt. Daniel Schnaars, 87th Aerial Port Squadron

- **NCO of the Year:** Tech. Sgt. Blake Reynolds, 445th Aircraft Maintenance Squadron

- **Senior NCO of the Year:** Senior Master Sgt. Sarah Katoski, 445th Aeromedical Staging Squadron

- **First Sergeant of the Year:** Master Sgt. Scott Bowers, 89th Airlift Squadron

- **Company Grade Officer of the Year:** 1st Lt. Evan Postma, 445th Operation Support Squadron

- **Field Grade Officer of the Year:** Maj. Nathaniel Copen, 445th Aeromedical Evacuation Squadron

- **Civilian of the Year CAT I:** Mrs. Ashley Roberts, 445th Force Support Squadron

- **Civilian of the Year CAT II:** Mrs. Sydney Higginbotham, 445th Airlift Wing Mission Support Group

- **Honor Guard Member of the Year:** Tech. Sgt. Dustin Seelig, 87 Aerial Port Squadron

- **Recruiter of the Year:** Master Sgt. Matthew Stefens, 445th Airlift Wing Recruiting Squadron

- **Spouse of the Year:** Mrs. Megan Besterman, Aircraft Maintenance Squadron

- **Youth of the Year:** Miss Adylee Morris, 87th Aerial Port Squadron

- **Community Partner of the Year:** Dominos – Enon, Ohio

- **Squadron of the Year:** 89th Airlift Squadron

See awards banquet photos on pages 2 and 3.

445th AW honors its 2023 annual awards winners

Airman



Staff Sgt. Daniel Schnaars

NCO



Tech. Sgt. Blake Reynolds

Senior NCO



Senior Master Sgt. Sarah Katoski

First Sergeant



Master Sgt. Scott Bowers

Field Grade Officer



Maj. Nathaniel Copen

Civilian Category I



Mrs. Ashley Roberts

Civilian Category II



Mrs. Sydney Higginbotham

Honor Guard



Tech. Sgt. Dustin Seelig

Recruiter



Master Sgt. Matthew Steffens

Spouse



Mrs. Megan Besterman

Youth



Miss Adylee Morris

Community Partner



Dominos - Enon, Ohio

* Not pictured: Company Grade Officer, 1st Lt. Evan Postma



Senior Airman Angela Jackson

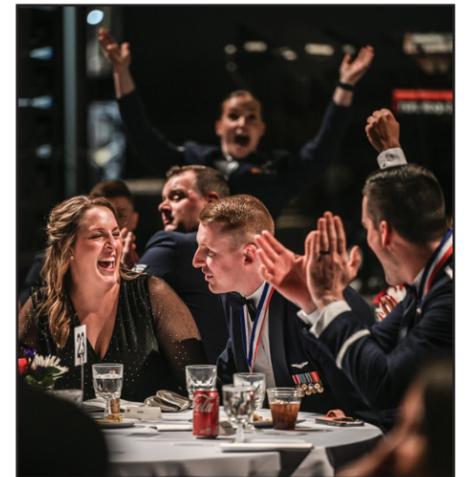


Master Sgt. Patrick O'Reilly



Master Sgt. Patrick O'Reilly

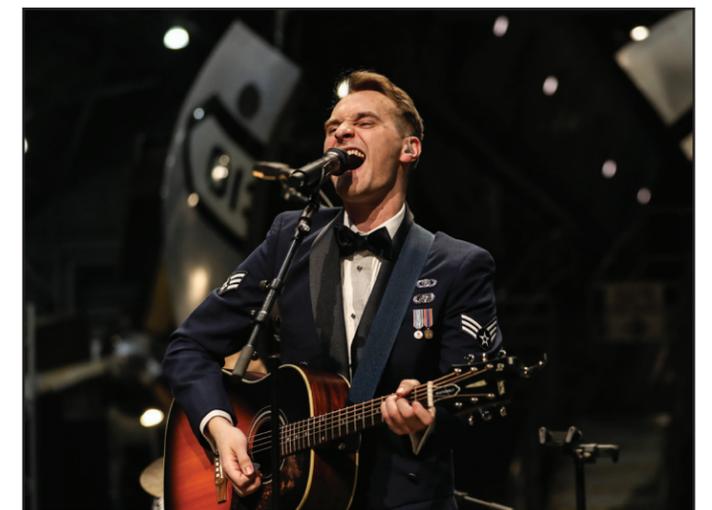
The 445th Airlift Wing held its 2023 annual awards banquet and medalion ceremony at the National Museum of the U.S. Air Force March 9, 2024. The official party and nominees entered under an arch of swords, and members from the 445th AW Honor Guard remembered POW/MIA members. The Air Force Band of Flight's rock band, Flight One, provided music. Squadrons cheered loudly for their nominees and winners with noisemakers of all varieties.



Master Sgt. Patrick O'Reilly



Master Sgt. Patrick O'Reilly



Senior Airman Angela Jackson



Motorcycle safety training reminder

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

The sun is finally out again; barbecue season has arrived; and baseball is right around the corner. Spring is always great, especially for the motorcycle riders out there.

Do you intend to operate a motorcycle this spring? If so, do you intend to do it in a military status – Title 10 orders, annual tour, and/or to and from unit training assemblies? Keep in mind, there are additional Air Force training and administrative requirements in accordance with Air Force Instruction 91-207, *The Traffic Safety Program*.

To start with, any member who operates a motorcycle in a military status requires a Motorcycle Unit Safety Tracking Tool (MUSTT) account. The account can be set up through your unit motorcycle safety representative (MSR) and is designed to track all Air Force motorcycle training requirements.

The Air Force requires several different levels of training to legally operate a motorcycle in a military status:



Stacy Vaughn

- Level I – Initial training: Basic Rider’s Course or possess a state endorsed motorcycle license in lieu of the course

- Level II – Intermediate training: Basic Rider’s Course 2 within one year of Level I training

- Level III – Refresher training: Basic Rider’s Course 2, Advanced Rider’s Course or attend a Motorcycle Mentorship Program. (This level is required every five years.)

Additionally, new operators must receive an initial motorcycle briefing, and every spring prior to the motorcycle season, an annual/pre-season briefing must be accomplished. (Briefings are provided by unit MSRs.)

The Air Force requirement for MUSTT and the additional training requirements are to reduce mishap and/or injury potential for motorcycle operators.

Reach out to your unit MSRs or the 445th Airlift Wing Motorcycle Safety Program managers, Senior Master Sgt. Jimmy Lide or Dave Gardner, at (937) 257-5767 with questions or for more information.

Managing debilitating stress

By Vera Ensalaco
445th Airlift Wing Director of Psychological Health

April is Stress Awareness Month. Stress is normal. We all experience it; no one is immune to it; it is part of our everyday lives.

We’ve talked before about different kinds of stress: eustress and distress. Eustress is the “good stress” we feel with good experiences, like a promotion, a relationship, a move, graduation, etc. Distress is when the stress becomes overwhelming and unmanageable.

Not managing stress can be debilitating, cause health issue or exacerbate the ones we already have. It is important to recognize when we are overwhelmed. It is easy to get to this place and can happen very quickly.

Here are some steps you can take to help overcome this type of stress:

Practice meditation: Meditation is effective and easy to obtain. Breathing techniques can assist us

with relaxation. There are a lot of apps and sites that have meditation, breathing exercises, guided imagery or whatever speaks to you to calm your mind.

Exercise: Natural endorphins can regulate our minds. Recent studies suggest a minimal amount of activity of short duration, like 10 minutes a day, with low impact can provide many benefits. As always, check with your health care provider prior to starting any exercise program.

Reach out: If it gets to be too much, or if talking is your style of relieving stress, reach out to someone you trust – a friend, colleague, social group member, pastoral care or mental health provider, etc.

“No Man Is an Island” was written in 1624, 400 years ago, by English poet John Donne. These words hold value today in that we are all connected on some level, and we draw strength from the support of others.

445th medical units conducts hybrid TCCC training

By Patrick O'Reilly
445th Airlift Wing Public Affairs



Senior Airman Sarah Durham, 445th Aeromedical Staging Squadron medical technician, applies a pressure dressing on a training mannequin while Master Sgt. Amanda Crider, 445th Aerospace Medicine Squadron flight and operational medical technician, applies pressure during Tactical Combat Casualty Care training at Wright-Patterson Air Force Base, Ohio, March 11, 2024.

Twenty-two members of the 445th Aerospace Medicine Squadron and Aeromedical Staging Squadron participated in three-day Tactical Combat Casualty Care training March 4-6.

The training is divided into three tiers dependent on the Airman's occupation and replaces the Self Aid and Buddy Care Program.

“All service members are required to complete the Tier 1 training during basic training,” said Master Sgt. Christian Terrill, 445th AMDS medical technician.

The March training was a mixed version of the Tier 2 and 3 training, as it required more advanced skills training such as needle decompression (Tier 2), cricothyroidotomy (Tier 3), and medication/antibiotic management via the combat wound medication pack. The course also required not only written tests but practical application where Airmen could show and discuss with instructors the proper way to provide treatment (also known as didactic), according to Terrill.

TCCC divides a combat situation into three phases: Care Under Fire, Tactical Field Care and Tactical Evacuation Care.

“For medical professionals, TCCC response algorithm is different than civilian pre-hospital care so ev-

eryone at all Tiers will learn something new or different,” Terrill said. “Because of this, we are looking at the best casualty survival rate in U.S. history.”

TCCC is vitally important as it gives students the skill sets to save critically wounded people when definitive care is not immediately available, said Tech. Sgt. Anthony Marrazzi, 445th AMDS medical technician.

“The training was very well received,” Terrill continued. “This is the third hybrid class taught by the AMDS and feedback has consistently been positive. Even in the mid-technology presentation model we used, material is well received.”

“After the class, they felt very comfortable treating a casualty with major bleeding and airway issues,” said Marrazzi.

“There are many videos and hands-on exercises that keep learners engaged to maximize retention and recall,” Terrill explained. “As the program continues to advance, the lead instructors for all three medical units, Master Sgt. Todd Ryan for ASTS and Capt. William Rittenour for 445th Aeromedical Evacuation Squadron, are looking forward to opportunities to increase didactics and simulations to further maximize the value of our Airmen’s time while preparing them for the challenges of the future.”



Photos by Patrick O'Reilly

Tech. Sgt. Anthony Marrazzi, 445th Aerospace Medicine Squadron flight and operational medical technician, covers Staff Sgt. Jamal Chandler, 445th AMDS optometry technician, to demonstrate tactical field care for hyperthermia at Wright-Patterson Air Force Base, Ohio, March 11, 2024.



Around the wing ...



Tech. Sgt. Joel McCullough



Courtesy Photo



Tech. Sgt. Joel McCullough



Tech. Sgt. Joel McCullough

1. Staff Sgt. Ben Ndiaye, 87th Aerial Port Squadron ramp services specialist, pushes cargo onto a C-17 Globemaster III during loading and unloading training at Wright-Patterson Air Force Base, Ohio, March 9, 2024.

2. Lt. Col. Robert Wengerter, 445th Mission Support Group commander, passes the guidon to Maj. Christopher Foti, incoming 445th Security Forces Squadron commander, during an assumption of command ceremony at Wright-Patterson Air Force Base, Ohio, March 10, 2024.

3. (left to right) Tiffany Campbell and Lydia Leasher, 88th Air Base Wing Prevention Specialists, and Tech. Sgt. Sandra Parcell and Master Sgt. Michelle Caswell, 445th Force Support Squadron Airmen and Family Center Readiness NCOs, pose for a group photo after completion of Living-Works safeTALK suicide prevention skills training held at Wright-Patterson Air Force Base, Ohio, March 5, 2024. The four-hour course was led by instructors from the 88th ABW Integrated Resilience Office.

4. Annual award winners with the 445th Airlift Wing pose for a group photo during the wing's annual awards banquet at the National Museum of the U.S. Air Force, March 9, 2024.

Diamond Sharp Award

The Diamond Sharp Award program recognizes the 445th's sharpest Airmen in the grades of airman basic – technical sergeant. Each quarter, the First Sergeant Council recognizes an exceptional Airman who distinguishes themselves through superior leadership skills, professional appearance, attitude, and their performance.

Nominations are due no later than the 25th of January, April, July and October and must be submitted on an Air Force Form 1206.



Requirements are: five lines in paragraph format outlining why you feel the individual displays the qualities/attributes that the award is looking for and deserving of recognition from the First Sergeant Council. No bullets or narrative statements. Also include member's hometown, hobbies, days worked in the award quarter and explanation of acronyms used.

Please contact your unit first sergeant for more details.

Resilience Training

The Wright-Patterson Air Force Base Integrated Resilience Office offers the following resilience courses:

- safeTALK (suicide alertness for everyone)
- Applied Suicide Intervention Skill Training (ASIST)
- PDP/Pro Scan
- Appreciation at Work
- Four Lenses
- Mental Health First Aid
- Resilience Trainer Assistant (RTA) Course
- Resilience Skill Building (Can be full class or a 5-15 minute version for commander's call

For more information use the QR code below, call (937) 904-0992 or email: 88ABW.CVB.Integrated-Prevention@us.af.mil.



Building Strong Leaders Event

The 445th first sergeants will host a wing mentor event for technical sergeants and below Sunday, April 7 at 11:30 a.m. in Hangar 4026.

The Building Strong Leaders Event is designed to mentor Airmen and

NCOs through scenario-based activities. The event will use real leadership situations to support the active learning mindset and receive feedback from peers as well as the mentors.

Lunch will be provided. Please RSVP with your unit first sergeant.

Newcomers

- Maj Adam Thompson, AMDS
- Capt Patricia Crawford, AES
- SSgt Michael Southerly, ASTS
- SrA Alexander Smith, CES
- A1C Zachary Kegley, AMXS
- A1C Hunter Shaw, AMXS
- A1C Nicolas Williams, MXS
- A1C Jonathan Zimpfer, AMXS
- AB Gracia Musa, FSS

Promotions

- Master Sergeant**
Joanne Baum, ASTS
Matthew Card, MXS
- Technical Sergeant**
Markus Beil, AMDS
Jordan Besterman, AMXS
Brittany Gardner, FSS
Ladaysheia Hampton, FSS
Kiara Holloway, 87 APS
Raheem Palmer, CES

- Staff Sergeant**
Zachary Hupp, LRS
Meghan Ratliff, FSS

- Senior Airman**
Elliott Abrams, AMXS

- Alyssa Burton, AMXS
- Danyll Justice, AMXS
- Jacob Miller, ASTS
- Nicole Miller, AES
- Chibuzor Odife, CES
- Diegan Rhodes, 89 AS
- Maria Rodriguez-Alonso, AMDS
- Hunter Shaw, AMXS
- Samuel Shaffer, FSS
- Joanny Shivers, 87 aPS
- Paul Watkins, AMXS

Airman

- Ryan Connor, 87 APS
- David Lopez, 87 APS



Buckeye Flyer

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445th Rising 6 council supports Bridges of Hope

*By Stacy Vaughn
445th Airlift Wing Public Affairs*

The 445th Airlift Wing’s Rising 6 held its second volunteer event of Fiscal Year 2024 at the Bridges of Hope homeless shelter in Xenia, Ohio.

The 16 volunteers included members of the Rising 6 council, military members, civilians and family members from the wing.

Bridges of Hope is a temporary overnight shelter for Xenia and Greene County adults in need that provides daytime respite and meals. It also connects guests with services like housing, job training, recovery and counseling. It helps those in need of healing, and gets them reconnected with the community and back to being the best versions of themselves.

“We brought approximately \$1,250 in donations of clothes, bedding, food and hygiene items,” said Senior Airman Stephanie Gillispie, Rising 6 volunteer committee chair and community outreach and coordinator. “We were able to make a significant improvement to organizing their hopes closet by sorting, folding, and putting away clothes, which will enable the shelter residents’ easier access to much needed items.”

Gillispie said while they were there, they sat down with residents and spent time visiting with them over coffee and donuts provided by the Rising 6 council.

The Rising 6’s third community outreach event will be held at an assisted living facility the Sunday of the June unit training assembly. The plan is for the volunteers to take coffee and donuts to the assisted living facility and possibly do an activity with residents.

“These volunteer events are not just for the Rising 6,” said Gillispie, who is also a 445th Maintenance Squadron fabrication flight non-destructive inspector. “We would love to have more participation from the Top 3 and officers. We are always looking for more ideas to implement throughout the year as well,” said

Gillispie.

For more information or to volunteer in activities, contact Gillispie at stephanie.gillispie@us.af.mil.



Senior Airman Angela Jackson

(left to right) Arnold Sisca, civilian volunteer, Tech. Sgt. Lucas Pickens, 445th Maintenance Squadron aircraft fuel systems craftsman, and Tech. Sgt. Nicholas Whiting, 445th MXS hydraulic specialist, sort and fold donated clothing items at the Bridges of Hope homeless shelter in Xenia, Ohio, March 10, 2024.



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