

445th Fabrication Flight wins Reserve Command award

By Amanda Dick
445th Airlift Wing Public Affairs

The 445th Maintenance Squadron Fabrication Flight won Maintenance Section of the Year in the 2022 annual Chief Master Sgt. of the Air Force Thomas N. Barnes, Armament Systems, Munitions and Major Command Unit Awards.

The winners were announced April 17 by Air Force Reserve Command Logistics, Engineering and Force Protection director Brig. Gen. Stacey L. Scarisbrick.

"We're really excited about it," said Maj. Bjorn Langefeld, 445th MXS commander. "It's a big deal for us and represents Wright-Patt well, represents the squadron well and shows all the hard work they're doing every day to make the mission happen."

As part of the awards package, the flight was judged based off five categories: noteworthy maintenance accomplishments; outstanding contributions to the Air Force and unit mission; contributions to cost reduction, process improvement and suggestion; management and care of facilities and equipment; and other significant accomplishments.

"I'm proud of them," said Chief Master Sgt. Clifton Griffie, 445th MXS senior enlisted leader. "It's a really great accomplishment for MXS as a whole and for the fab flight. Those guys have really busted their butts over the last year, and it culminated in that package."

For Senior Master Sgt. Nicholas Garman, 445th MXS Fabrication Flight chief and the one who submitted the package for consideration, this award was about more than what they had accomplished over the year, it was about everyone who built the foundation.

"This is a culmination of a lot of groundwork that



Master Sgt. Patrick O'Reilly

Airman 1st Class Kyleeann Engle, 445th Maintenance Squadron Fabrication Flight metals technology apprentice, measures a part at Wright-Patterson Air Force Base, Ohio, April 19, 2023. MTECH is one of three work centers nested under the flight that uses a wide array of tools and design software to create and repair parts essential for the function of aircraft and equipment.

was laid years and years ago," Garman explained. "We're reaping the benefits of a lot of hard work that was put before, and I think really that's why our package was so strong. Not necessarily for my writing ability, but that there is a lot of good solid material that obviously couldn't be overlooked."

One of these projects was for semi-prepared runway operations clips. Pilots conduct SPRO operations by landing C-17 Globemaster III aircraft on dirt runways or those that haven't been improved upon.

According to Garman, the clips are

placed on the front of the inboard landing gear doors to provide more protection than the aircraft currently has.

"This is kind of an alternative method; it's not really the standard," Garman added.

Garman said he knows some active-duty units have implemented the clips, but as far as AFRC, he believes the 445th is leading the way in making the decision to use the SPRO clips.

Garman said once the decision was made at the group level the planning began. The fabrication flight had to design the fixturing, manufacture the clips and figure out how to install them.

"It was a whole team process on executing something that had not been done before which is going to increase our capabilities," he said.

Garman added the clips have been installed on the unit's C-17s, anywhere from six months to a year, de-

Your feelings matter; your experiences matter; you matter

By Lt. Col. Miranda Laubie
445th Force Support Squadron Commander



I had my first son in 2015. Overall, my pregnancy was good.

I continued to work during the day full time, drilled up to my due date, and maintained mostly normal workouts.

Although my son was nine days late, I was very happy that delivery was only four hours from the time I left my house to my first time holding him.

A few hours after labor, I developed HELLP syndrome, which stands for hemolysis (the breakdown of red blood cells), elevated liver enzymes, and low platelet count. The nurse told me my pain was as from childbirth and that it should wear off.

My husband then had to get the doctor because I passed out. Immediate treatment was critical. To say the least, my post-partum experience was extremely traumatic.

Fast forward one month: I was a new stay-at-home mom with a healthy newborn baby boy. From the outside, I had nothing to complain about.

However, I was experiencing panic attacks, constant worry, lack of sleep (even when the baby was sleeping) and loss of appetite. I felt boxed in with no one to talk to except my husband, and even then I felt like a burden.

Everything made me cry. As a new mom, all I kept hearing was “You’re so blessed” and “Be grateful for every minute,” which aren’t untrue sentiments, but it was hard for me to believe them, which led me to feel extreme guilt.

I didn’t tell anyone outside of my husband and parents about my HELLP syndrome experience, how traumatic it was, or about my anxiety and panic attacks. I was embarrassed and didn’t think anyone could relate.

The night I knew I needed help was when I told my husband that I thought he and my son would be better off without me. I told him I wasn’t planning on doing anything to harm myself, but I also wouldn’t have cared, for example, if a bus or car hit me.

Depression, let alone suicide ideation, wasn’t something I’d ever experienced personally. After that night, I made an appointment with a local therapist and my primary care doctor.

As you can probably guess, I was diagnosed with postpartum anxiety and depression. It took some time and honesty, but I got to a place where I felt like myself again.

I would imagine that those who know me and are reading this may be surprised because I hid everything well. I decided to speak up about my experience because I don’t want others to feel as though they have to hide it too.

You’re in control of how much you share with your trusted Wingman, doctor, mentor, parent – whoever – but I do caution you: holding in certain negative thoughts and feelings will eventually cause negative effects in your life.

My story isn’t just for new moms, but everyone, as depression/anxiety/post-traumatic stress disorder, etc. are all valid feelings and medical diagnoses that desperately need addressed.

Your feelings matter; your experiences matter; and you matter!

If you or anyone you know is experiencing some type of depression or anxiety, even to the point of suicide ideation or known attempts, speak up.

Please ACE (Ask, Care, Escort) your friend, co-worker, peer and Airman to the appropriate helping agency.

Editor’s note: If you or someone you know is feeling suicidal, please call, text or chat 988 for the National Suicide Lifeline or visit <https://www.resilience.af.mil> and click on the “Suicide Prevention” button.



Courtesy Photo

Lt. Col. Miranda Laubie and her family.

Around the wing ...



Master Sgt. Patrick O'Reilly



Master Sgt. Patrick O'Reilly

(left) Senior Airmen Andrew Spicer and Alexander Gill, 445th Maintenance Squadron aerospace propulsion technicians, perform a routine inspection on a C-17 Globemaster III, April 1, 2023.

(right) Jacqueline Melcher, left, 88th Civil Engineer Group installation division director and enrolled member of the Oglala Sioux Tribe of the Great Sioux Nation, and her twin sister, Genevieve DeMent-Osborn, drape a star quilt over Maj. Dustin Honious, 445th Security Forces Squadron commander, during a ceremony at Wright-Patterson Air Force Base, Ohio. March 28, 2023. Melcher honored Honious for his part in trying and save two victims from a head-on vehicle crash in Chester Township, Oct. 16, 2022.



Senior Airman Angela Jackson



Master Sgt. Patrick O'Reilly

(left) Senior Airman Justin Tomlinson, 89th Airlift Squadron loadmaster, talks to key spouses aboard a C-17 Globemaster III, April 1, 2023. The 445th Airlift Wing’s Military & Family Readiness hosted the Spouse Summit 2023 attended by 40 spouses from the 445th AW and 655th Intelligence, Surveillance and Reconnaissance Wing. The event included the flight and briefings to include an overview of on- and off-base services and resources for military families and children. (right) Tech. Sgt. Diego Weithoener, right, 445th Aeromedical Evacuation Squadron medical technician, directs U.S. Air Force critical care air transport teams back to the aircraft to offload mannequin patients at the Cincinnati Municipal Airport, April 6, 2023. The CCATTs trained with the 445th Aeromedical Evacuation Squadron on trauma and critical care aboard an aircraft as part of the Center for the Sustainment of Trauma and Readiness Skills (C-STARS) program at the University of Cincinnati Medical Center. A U.S. Air Force C-130J Hercules aircraft with the Air National Guard’s 123rd Airlift Wing out of Louisville, Kentucky, provided the backdrop for training.

Estate planning protects loved ones

*By Capt. Rachel Ingram
445th Airlift Wing Public Affairs*

Following the March increase in Servicemembers' Group Life Insurance benefits limits, the 445th Airlift Wing Staff Judge Advocate office encourages Airmen to verify their beneficiary information.

“One way we, as service members, can protect our loved ones is by keeping our affairs in order,” said Maj. Kevin G. Normile, 445th AW Deputy Staff Judge Advocate.

Regularly reviewing and updating beneficiary information ensures life insurance proceeds and other assets are left in the care of the right person. SGLI beneficiaries may be updated online at the MilConnect website under the 'Manage my SGLI' tab.

“Do you want your spouse to be surprised because you unintentionally left a parent or former spouse as an SGLI beneficiary?” Normile asked. “If not, it is probably better to take five minutes to change your beneficiary.”

The JA office provides an array of legal assistance at no cost to service members. These services include preparing and executing documents like family care

Machine safeguarding helps prevent mishaps

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

Spring is officially here, and summer is right around the corner.

For many of us, this is the time to enjoy the sunshine and get outside to catch up on seasonal yardwork. Lawn care, landscaping and home improvement projects seem to always take priority when the sun comes out.

With those home projects comes the need to utilize an array of tools, machines and equipment (lawn mowers, powered hand tools, etc.) to get the jobs done.

While it's easy to grab the chainsaw off the shelf and start hacking away, your first step should be to perform a pre-inspection of the equipment that includes:

- 1) Making sure it operates in accordance with manufacturer instructions
- 2) Making sure it's properly safeguarded at the

plans, powers of attorney and wills.

While Airmen are not required to sign a will, Normile said it's a good idea for every Airmen to have one in place. Airmen do not have to meet any special criteria to be eligible. The JA staff can help walk Airmen through the process of creating their first will or updating an existing will.

"If you are wondering if you have a will, you probably don't," he said. "It's worth looking into."

Normile added it is recommended to update estate plans upon marriage, divorce, the birth of a child or relocating to a new state of legal residence, because regular updates help to reduce

confusion for heirs.

Walk-in customer service is available at the JA office during scarlet unit training assemblies from 1 to 3 p.m. on Saturdays and 9 to 11 a.m. on Sundays.

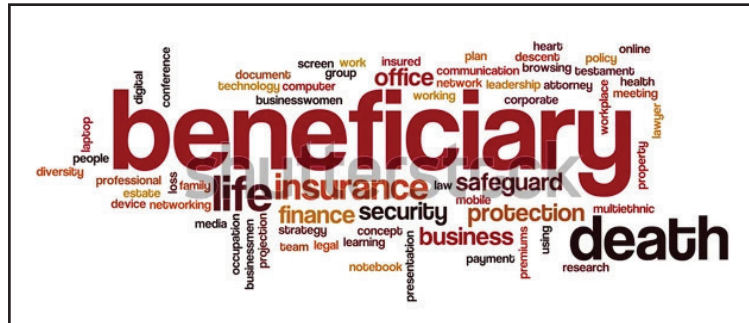
During the regular work week, service members should reach out to the 88th Air Base Wing JA at 937-257-6142. The base JA provides legal assistance to service members, retirees and their families.

point of operation (most notably that a guard is installed and/or interlocks operate correctly). Nearly all types of powered tools and machines have some form of safeguard installed to protect the worker during equipment operation.

The Occupational Safety and Health Administration estimates around 18,000 amputations, lacerations, crushing injuries and abrasions occur each year from improper safeguards on machines and equipment.

Machine guarding may not seem like a big deal, but it could be the difference in avoiding a potentially serious injury from in-running nip points, rotating parts, flying chips/debris pieces, and/or sparks.

Take the time to inspect all safeguards on equipment prior to using powered tools and machines during annual spring and summer cleanup.



445th quarterly award winners recognized

CGO



Capt. Nathaniel G. Copen, 445th Aeromedical Evacuation Squadron director of operations, is the 445th Airlift Wing Company Grade Officer of the Quarter. Copen orchestrated 46 training and operational missions, 60 sorties, completing over 141.4 flight hours, and ensuring accountability over a \$2.5 million budget. He led the collaboration with five different AE squadrons and two weapon systems, ensuring critical training completion and mission readiness for 100 medical personnel. The captain bolstered Air Force medical operations with the coordination of next generation electronic health records to Air Mobility Command's surgeon general, Scott Air Force Base, Illinois and Air Force Research Laboratory development personnel, preventing mishaps. Copen performed as youth soccer coach, fostering growth and development of 20 children and ensuring life- skills needed were instilled and practiced. He volunteered 17 hours for a local ministry to mentor over 25 members on coping and mental health awareness. His unique approach imparted change and confidence, enabling growth.

SNCO



Senior Master Sgt. Sarah E. Katoski, 445th Aeromedical Staging Squadron NCO in charge, is the 445th Airlift Wing Senior NCO of the Quarter. Katoski deployed in support of Operations Spartan Shield/Enduring Sentinel where she led a 21-member team for Air Force Central Command's only en route patient staging facility; transporting 514 patients and 172 AE missions. As the 4N Functional Manager and Senior Enlisted Leader for the area of responsibility's largest medical group, she led 151 members and was essential to AFCENT Surgeon General Team of the Month win. Her leadership abilities synchronized 120 medics across two squadrons and increased emergency medical capabilities by 86%. Katoski overhauled the education and training program, laying the foundation for a robust schedule comprised of 14 courses, two Ability To Survive and Operate Rodeos and 11 readiness skills. She assisted the host nation coordination cell with non-combatant evacuation operations that successfully emigrated 550 Afghan evacuees in support of Operation Enduring Welcome.

NCO



Tech. Sgt. Nathaniel M. Pritchard, 445th Operations Support Squadron SERE (Survival, Evasion, Resistance, and Escape) operations NCO in charge, is the 445th Airlift Wing NCO of the Quarter. Pritchard led a forward deployment to Jordan, providing personnel recovery mission analysis to rescue forces, culminating in a joint exercise validating emergency signaling and bridging training gaps with U.S. coalition partners. Pritchard led 14 hours of planning and execution for the first ever, "Report and Locate" exercise for the 763rd Expeditionary Reconnaissance Squadron. Tech. Sgt. Pritchard crushed 60 hours for his paramedic certification and six credit hours went towards his Bachelor of Science degree in fire science, securing a spot on the dean's list. His education initiative enabled him to provide insight for casualty evacuation and personal recovery awareness for 17 members. The technical sergeant focused on improving his leadership skills completing 26 hours of Leadership Gold and Becoming a Better Supervisor professional development courses while deployed.

AMN



Senior Airman Reuben J. Hershberger, 445th Security Forces Squadron fire team member, is the 445th Airlift Wing Airman of the Quarter. Hershberger was assigned as an assault team leader at Sage Eagle exercise in White Sands, New Mexico, where he led a 5-man fire team integrated with Army Special Forces; bolstering war fighter skills and reinforcing Joint Tasks Force concepts. He developed current training material with a sister service for the Counter small Unmanned Aircraft Systems program; his efforts led to being coined by the 35th Infantry Division commander. Hershberger completed a 40-hour hand-to-hand combatives instructor course, enhancing unit capabilities and readiness with 21 techniques mastered. He dedicated 12 hours with the Airman's Attic, sorting 250 items. Airman Hershberger was appointed the Sexual Assault Prevention and Response representative, educating 378th Air Expeditionary Wing and Army Company and provided direct support for two cases. He volunteered to be the home station representative and advocate for prevention.

SPOTLIGHT

Rank/Name: Senior Airman Brooks Lyle

Unit: 445th Aerospace Medicine Squadron

Duty Title: Aerospace Medical Technician

Hometown: Beavercreek, Ohio

Civilian Job: Phlebotomist

Education: I'm currently pursuing my bachelor's degree in nursing.

Hobbies: I enjoy spending time with family, playing sports and being outside.

Career Goal: My ultimate goal is to have a long successful career in the Air Force and eventually

make chief master sergeant.

What do you like about working at the 445th?: Working at the 445th has allowed me to broaden and advance my career in the Air Force medical corps. My leadership continues to push me to be the best I can be every single day, in and out of uniform. The 445th has allowed me the opportunity to travel and experience things that wouldn't be possible anywhere else.

Why did you join the Air Force?: I was born Sept. 11, 2001. I took that as a calling to serve my country for the thousands of selfless men and women who lost their lives that day. Growing up my father was an active-duty reservist here at Wright-Patt for 30 years, so I have always been in a



Master Sgt. Patrick O'Reilly

military environment. With the combination of the two, I have always known I was going to join the Air Force. Luckily, I ended up here at the 445th AMDS.

Exercise is good for your mind, body

By Vera Ensalaco
445th Airlift Wing Director of Psychological Health

Within recent years, there has now focus on how the mind and body connects. It truly does. There are many studies about how exercise is as effective on reducing depressive feelings as medical treatment.

Scientific research focused on more than 2,000 individuals with depressive symptoms. The findings were that exercise, movement that elevates the heartrate, aides in reducing depressive symptoms. By pushing yourself to moderate intensity, the results will be better. Even doing household activities that incorporate physical activity that raises your heartrate can show an improvement in your well-being.

Does this mean exercise can take away all of your sadness? Not so much. Every situation is different. Research illustrates therapy, along with a good diet, exercise and enough sleep, is the most effective path to improved mental health. Sometimes medication is needed and is a conversation to have with your medical provider.

To quote author Matt Haig, "Mental health problems do not define who you are. They are something you experience. You walk in the rain, you feel the rain. But importantly, you are not the rain."

If you are struggling with something or just want to talk with someone about yourself, a family member, a friend or a colleague, please reach out.

2nd Annual 445th Wing Wellness Fair

When: May 7 from 11 a.m. to 1 p.m.

Where: Between buildings 4010 & 4012

What: Seminars from Veterans Affairs, 4Paws for Ability, 445th AW helping agencies, self-pay food trucks and more

Note: In case of inclement weather, the fair will move inside building 4014.



News Briefs

Newcomers

Maj James Taylor Jr, AMDS
MSgt Mark Gehri, AMXS
SSgt Bryce Krueger, FSS
SSgt Zoe Sowder, AMDS
A1C Madelyn Potts, AES
A1C Charnay Ryland, AMDS
A1C Marisa Dollar, AW
AB Elias Strubler, SFS

Promotions

Chief Master Sergeant
Robert Thomas, CES

Master Sergeant
Christian Terrill, AMDS

Technical Sergeant
Devaughn Blair, AMXS
Gregory Case, OSS
Chrisey Hillgen, FSS

Latrice Ohlmann, ASTS

Staff Sergeant
Caleb McWilliams, AMXS
Macala Mitchell, LRS

Senior Airman
Briana Culver, AMDS
Kasin Davis-Hughes, CES
La Keia Hargraves, ASTS
Skylar Johnson, 87 APS
Anne Kippe Mbang, 87 APS
Taiwo Olawore, CES
Andrew Rose, CES
Collin Sherwood, AES

Airman First Class
Brandon Buchanan, AMXS
Christian Reeves, AMXS
Jonah Weidner, CES

Airman
Aaron Anderson, 87 APS
Cardae Lane, 87 APS
Joanny Shivers, 87 APS

Retirements

Lt Col Kimberlee Sandusky, AES
MSgt Timothy Emberton Jr, AMXS
MSgt Aretha Jones, ASTS
MSgt Bret Schlansky, 87 APS
TSgt Michael Davis, 87 APS
TSgt Robert Hughes, MXS
TSgt Joshua McCrabb, SFS
TSgt Clayton Tallman, AMXS

Buckeye Flyer

445th Airlift Wing
Editorial Staff

Col. Raymond Smith Jr.
Commander

Lt. Col. Cynthia Harris
Chief, Public Affairs

Stacy Vaughn
Amanda Dick
Public Affairs Specialists

Patrick O'Reilly
Public Affairs Assistant

5439 McCormick Ave.
WPAFB, OH 45433-5132
Building 4010, Room 171
937-257-5784

445AW.PA2@us.af.mil

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AWARD from page 1

pending on the aircraft. Since then, they have seen the effects of damage being prevented, safeguarding \$2.3 million in component costs.

According to the nomination package, the fabrication flight also completed 128 vital inspections, 186 repairs and 31 local manufacture requests in 2022, supporting the 2,700 sorties flown over 9,600 hours throughout the year. In addition, their expedited after-hour repair of an E-4 Nighthawk hardware allowed an on-time departure for the Secretary of Defense's mission.

Other big projects included securing \$500,000 for a Blast Booth that protects the sustainment of a \$7.9 million aerospace ground equipment fleet and coordinating an alternative installation plan for a \$200,000 Dye Penetrant inspection line that eliminated a three-year gap in capabilities done at a 90% savings to the wing.

To top it off, everything was accomplished while relocating back to their original work building after a renovation to decontaminate and modernize the space where they had no work stoppages and zero delays in production.

"I hope they understand that their hard work, and everything they do, doesn't go unrecognized and that they're getting to see that at a higher level," Langefeld said about the fabrication flight. "I think we work pretty hard here locally to let all our members in MXS know how much they do to contribute to the mission. But I think that's going to really amplify that by seeing where it's recognized at all the way at the major command level."

The fabrication flight consists of three work centers: aircraft sheet metal maintenance (SCMO), metals technology (MTECH) and non-destructive inspection (NDI).

The flight consists of 13 full-time employees and more than 30

part-time employees that includes a civilian, active guard reserve members, air reserve technicians and traditional reservists.



Master Sgt. Patrick O'Reilly

Senior Airman Nathan Rosenbauer, 445th Maintenance Squadron Fabrication Flight aircraft structural maintenance apprentice, drills into a sheet metal box to complete a task for his 5-level training at Wright-Patterson Air Force Base, Ohio, April 19, 2023.



Wing SF Airmen look to future battle spaces during UTA

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



Tech. Sgt. Joel McCullough

Airman Hayden Arnold, 445th Security Forces Squadron fire team member, passes through a ditch while conducting field movement training, April 2, 2023. The Defenders dealt with crossing danger areas such as clearings, berms, and roadways.

Despite the 30-degree temperatures and their boots soaked with mud and water, Airmen with the 445th Security Forces Squadron conducted training drills April 2 during the unit training assembly, throwing on their body armor, grabbing a blue training weapon and heading out the door to practice group movements.

With their mission shifting to look at future battlefields, the Airmen of the 445th have begun seeing a change in training.

“Every month we are going to try to do something

else,” said Staff Sgt. Matthew Kaper, 445th SFS fire team leader. “We want to bring back things like combatives and start taking more trips to the Warfighter Training Center.”

The change Kaper spoke of is the service’s ability to gain air superiority over a peer adversary.

Kaper said the 445th SFS is trying to accomplish and expose Airmen to everything on their mission essential task list.

“It’s hard to do that as traditional reservists, but we’re out here today, and we will make the best of it,” he said.

The Airmen practiced skills such as maneuvers, fire teams, formations, cover and concealment, and critical thinking. Kaper said he believes it’s important they not only learn to react but understand how to plan a mission, identify their objectives and ensure they have the skillsets needed to survive and operate in a real-world scenario.

Once the training scenario was over, the Defenders and their instructors dissected and digested what just occurred. They went over their strengths and areas which require improvement and walked away with a sense of self-assurance and fulfillment.

“A lot of today was refresher training, but it was nice to get out and actually do it,” said Airman Hayden Arnold, a 445th SFS, fire team member who has been at the unit for around three years. “I am looking forward to some of the other training they have lined up for us.”

Kaper added they are following the cycle of reset, prepare, get ready to deploy and deploy.

“We’re currently in the preparation phase and we’re doing everything we can to be the most prepared for what’s to come,” he explained. “This type of training will be leading us into the next fight that may be in front of us.”



445TH AIRLIFT WING/PA
BUILDING 4014, ROOM 113
5439 MCCORMICK AVE
WRIGHT-PATTERSON AFB OHIO 45433-5132

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