

Remembering lives lost, 445th commemorates Sept. 11



Photo by Senior Airman Matthew Cook and Photo Illustration by Senior Airman Mikhail Berlin

Members of the 445th Airlift Wing pause for a moment of silence Sept. 11, 2011.

*By Senior Airman Shen-Chia McHone
445th Airlift Wing Public Affairs*

Sept. 11, 2011 was a solemn day of remembrance for 445th Airlift Wing members.

A formation of more than 200 Airmen came to observe the Sept. 11 tragedy in a remembrance ceremony in front of building 4010.

Lt. Col. David Leist, 445th Airlift Wing Head Chaplain, gave a prayer during the observance.

“Ten years ago today, our nation went into mourning for the loss of human life and the suffering we, as a people, faced. We shed tears in a common bond of grief for those we loved and lost who will indelibly be inscribed in our memories,” said the chaplain. “Help us to remember what it means to be Americans - a people endowed with abundant blessings. Help us to cherish the freedoms we enjoy and inspire us to stand with courage, united as one nation in the midst of any adversity.”

As the Airmen stood for a moment of silence, an Air Force fighter jet flew overhead unexpectedly, almost as if it were paying tribute to the lives lost.

Col. Stephen Goeman, 445th AW commander, spoke after the prayer about Airmen and civilians who stood up to join the military because of that tragic day.

“Sept. 11 became a driving force for Airmen taking an oath to serve and standing in this formation today. Some decided to serve because of the events that transpired on that significant day,” said Goeman.

As the wreath was being presented during the ceremony, Senior Airman Laura Wagner, 445th AW, had a flashback through the memory of events that happened that fateful day.

“When I was twelve-years-old, I remember watching the horrific events of Sept. 11 on TV,” said Wagner. “The

events of the attack moved me and I wanted to join the military. Now that I’m enlisted, I feel privileged to have the opportunity to honor the Sept. 11 victims.”

Sept. 11, 2011, marks the 10th anniversary of the terrorist attacks that claimed the lives of nearly 3,000 people at the World Trade Center, the Pentagon, and the passengers onboard Flight 93 that crashed in Shanksville, Pa. Ten years after the attacks, the memory remains fresh in the minds of many Wright Wing Reservists who grieve for the deceased – Maj. LeRoy W. Homer, Jr., a former member of the 445th Airlift Wing.

“Major Homer was one of the nicest people I had ever met who always had an ever-present smile on his face,” said Tech. Sgt. Julie Meintel, 445th AW historian, who met him 21 years ago when she flew with him as a loadmaster.

Major Homer was the first officer on United Airlines Flight 93, that was hijacked as part of the terrorist at-

Air Force PT: Survival of the fittest

By Lt. Col. Kenneth Herstine
445th Force Support Squadron Commander

If you've been serving the Air Force Reserve for as long as I have, you have witnessed a fitness evolution from the early 1980s until today. In fact, the Air Force Reserve didn't really have a fitness "program" back in those earlier days. Our fitness was measured by physical stature alone. It didn't matter that you couldn't do a single push-up or sit-up or even run ten yards! It was all about your body dimensions.



Our first cardio-type measurement was an untimed "3-mile walk" introduced in the mid to late 1980s. Airmen could actually stroll for 3 miles, joking and sometimes even smoking along the way. No lie. The walk evolved into a run, and later they tried introducing an ergonomic bike, "that never took off".

Fast forward to today: timed and measured push-ups, sit-ups, and distance run plus body measurements.

Air Force Reservists must take the current test to ensure a minimal level of fitness to perform in today's high-ops tempo and Air Force Reserve leaders encourage reservists stay within fitness standards all year long. "The idea is not

to prepare for the test for a couple of weeks and then abandon your health program once the test is over," said Col. [William] Thornton, AFRC's Assistant Director of Health Services. "We want reservists to make exercising and eating right a permanent part of their lives."

Former Air Force Chief of Staff General [John P.] Jumper implemented the fit-to-fight program Air Force-wide with the idea that the Air Force must have a healthy, fit force that is ready to deploy at any time. To place some teeth behind this goal, our Fit-To-Fight score is now a critical element in our quest to achieve--and in some cases maintain--our career goals.

Failure to meet the fitness standards can now have detrimental career impacts and may result in a "referral" performance report. These "referral" performance reports remain in your records forever and can adversely impact your career progression.

General Jumper's program makes it a commander's responsibility to ensure his people incorporate physical fitness into their daily routine. Our active-duty counterparts have incorporated exercise into their daily duty day. So where does that leave it for unit reservists like you and me?

Well, the burden of exercise and meeting fitness standards primarily lies with each individual. That means we must take the initiative to exercise regularly and make smart eating choices. Remember that in an evolution, only the strong survive.

I value my career and want to continue to serve. I've made some lifestyle changes and must admit, I feel much better for it. For those struggling to meet Air Force fitness standards, I encourage you to make a change. I promise; you will not regret it.

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tacks.

"When Sept. 11 happened, everyone at the base found out Major Homer was on one of the flights that crashed. Many of us were frightened by the events and were in disbelief that he was gone," said Meintel. "No one deserved to die the way he did; none of those people deserved to die," she said.

The 445th AW hon-

ored the life and service of one of the unit's former member Oct. 4, 2008, dedicating its new operations building to Maj. Le-Roy W. Homer, Jr.

The colonel said just as the servicemembers today have stepped up for the fight for freedom, the firefighters, police officers and civilians showed courage that day when they ran toward the carnage to assist the injured

during Sept. 11.

"These brave actions show who we are as Americans. We love our freedom. We know what that means: it doesn't matter who you are; you will stand up and sacrifice without hesitation because it is ingrained in our minds and our hearts," said Goeman.

(A1C Santana Austin contributed to this story)

Buckeye Flyer

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Airmen, families enjoy wing picnic



Photos by Senior Airman Mikhail Berlin

Tech. Sgt. Joan Weldon, 445th Force Support Squadron, stands next to her son, Matthew, as he juggles pins during the picnic.

Senior Airman Cordero Smith, 445th Aircraft Maintenance Squadron, paints a Spiderman design on Carissa, daughter of Master Sgt. Anthony Katros, 445th Maintenance Group, during the wing picnic Sept. 11.



Maj. Todd Reeder, 445th Maintenance Operations Flight, enjoys a game of corn hole.



The son of a 445th Airman takes a swing during one of the children's events at the wing picnic.

Music a calling for communications flight reservist

By Stacy Vaughn

445th Airlift Wing Public Affairs

If you attended the Tenth Annual Dayton Celtic Festival in July, you may have seen a familiar face on stage sporting a kilt. That's because Master Sgt. Timothy Back, 445th Communications Flight chief of information systems, was performing with his band, Rocky Creek.

Rocky Creek is a four-piece band based in the greater Dayton, area. Formed in 2002, the band expanded its repertoire of music over the years to include bluegrass, folk, Celtic, gospel, cowboy, holiday and some originals.

A few of the instruments Back plays include the mandolin, pennywhistle, and harmonica, some of which he played during the festival.

"Playing at this venue is always fun for us. We played at the Fifth Annual Dayton Celtic Festival back in 2006 and this year was its tenth one. Dayton has so many amazing bands that want to play at the event that it's hard to fit them all in. I just hope we don't have to wait another five years to come back," he said.

Back has been with the band since the beginning as one of its original members, along with Matthew Lintz (fiddle), Duane Lintz (rhythm guitar), and John Lay (congas, banjo, bass, lead guitar).

"We were all working for Gateway Computers as service technicians. The movie, 'O Brother, Where Art Thou,' came out with its American folk music soundtrack. We said, 'How cool is that,' and Matt said, 'I can play the fiddle,' and John said, 'I play the guitar.' Then I said, 'I play autoharp and harmonica...we should have a band!'"

After that, we were trying to decide on a name, but every good one that we would think of was already taken. Then we hit on Rocky Creek and did an Internet search, and nobody had it. Now there are three bands

that have that name," Back laughed.

Since its formation, Rocky Creek produced a CD in 2007 titled, "Our Celtic Beginnings." A second CD is in the works featuring all gospel music and will include some original songs.

"A lot of people think all blue grass music sounds the same, and I was one of them. I understand where they're coming from because my dad used to listen to it all the time. I used to say, 'Dad, how can you listen to that, it all sounds the same.'" Back said. "But the more I heard it the more unique each band sounded."

Back said they are not in it for the money, but enjoy doing it for themselves and their love of music.

"We'd like to develop a good following of course, but we'll never quit our day jobs. It's a labor of love."

The sergeant also encourages those in the wing who have a passion for music to follow their dreams.

"If you have a desire to be a musician, by all means pursue your talent. It's one of the best hobbies I know of. Start as early as you can. Even if it doesn't make you rich and famous, it will give you and others pleasure your whole life through."



Courtesy photo

Master Sgt. Timothy Back performs at the Dayton Celtic Festival.



Tech. Sgt. Anthony Springer

89th Airlift Squadron change-of-command

Col. Roger Gallet, 445th Operations Group commander, passes the guidon to Lt. Col. Mitchell Richardson, incoming 89th Airlift Squadron, during the Sept. 10 change-of-command ceremony. Richardson assumed command from Col. Michael Bending, who was recently assigned to Scott Air Force Base, Ill. Richardson was assigned to the 317th Airlift Squadron, Joint Base Charleston, S.C., as an instructor pilot prior to his new position.

Special dual-retirement ceremony for husband, wife

By Senior Airman Shen-Chia McHone
445th Airlift Wing Public Affairs

When an Airman falls in love with the Air Force, he or she makes a life-long matrimony of commitment to serve – for better, for worse, in sickness and in health, till death do them part.

But when two Airmen who have the same job, the same rank, and same career field decide to retire at the same time, one could say it is a ‘match made in heaven.’

Family members, friends and colleagues came to commemorate the retiring veterans for their dedicated service in a dual-retirement ceremony Sept. 10 for Master Sgt. Robert Anderson, 445th Maintenance Operations Flight, and Master Sgt. Mary Anderson, 445th Maintenance Squadron.

“Bob has always been a hard worker and I was glad when he joined the Air Force because he has always made me proud in everything he does,” said Connie Money-maker, Bob’s mother. “I was surprised because I didn’t know it was a retirement for Bob and Mary, but I was there for him when he first enlisted and I wouldn’t miss this retirement for anything.”

Mary has served 27 years and Bob has served 28 years. They made the decision to retire together seven months ago.

“This was a unique opportunity for us, and I wouldn’t have wanted to retire with anyone else,” said Bob.

Bob says he and Mary have been inseparable ever since they started dating, but they were ‘birds of a feather’ even before then.

“We have both had a long relationship with the Air Force as jet mechanics, Air Reserve Technicians, going on temporary duty assignments, and working for long hours with one another all the time,” said Bob. “Because the military brought us together, it felt fitting to retire together as well.”

Bob and Mary became friends in 1994 while working at Wright-Patterson Air Force Base, but it took nine

years for this couple to finally start dating, and they decided to marry two years later. The love for their careers has brought them together – being in love with the C-5 Galaxy and falling in love with one another.

“Mary has been my inspiration throughout the years. When I felt like giving up, she was right there beside me, pushing me to better myself,” said Bob. “I was able to finish my enlisted professional military education because of her.”

As a spouse and co-worker, the couple feels they complement one another, helping the other to strive for success on the job and at home.

“Bob is part of the maintenance recovery team, travelling wherever he is needed to fix aircraft. He was gone for 265 days during a TDY while we were planning the wedding, so it was difficult, but thank goodness for our families who helped plan it,” said Mary.

During TDYs, each spouse serves as the role of a parent to six children. Although it may be a bit tough, the Andersons learn to bond with their step-sons and step-daughters during the sports events and school



Senior Airman Mikhail Berlin

The Andersons display a flag they received at the retirement ceremony.

activities.

“I feel like we were the Brady bunch. We both had three kids each after the marriage,” said Bob. “I think the military issued me the perfect wife because we understand one another – having the same job. The military was our way of life when we married the Air Force first, and then we married each other.

“I want to thank her for her help through the difficulties and last minute changes to work late or travel TDY,” he said.

“This marriage has totally changed my life. Military marriages can grow apart, but we seem to grow closer day by day,” said Bob.

Bob says he will miss the military life, but for now he and Mary look forward to transitioning to civilian life and spending more time with their grandchildren.

SPOTLIGHT



Rank/Name
Tech. Sgt. Christopher R. Judd
Unit
89th Airlift Squadron

Duty Title
C-17 Loadmaster
Hometown
Centerville, OH
Civilian Job
None

Education

Centerville High School
Class of 2004

Career Goal

To gain knowledge and experience to become the best loadmaster I can, and to further my Air Force career by moving to places all over the globe, and to have a good time doing it.

Hobbies

Radio controlled airplanes, flying and classic cars

What do you like about working at the 445th?

The people of the 445th are some of the best in the Air Force. It's really a great experience to be working among them. My

co-workers create a fun work environment while still getting the job done and feeling like we are making a difference. I love to fly, and this wing has made it easy for me to follow my dream. The 445th is also very close to home for me so it makes it easy to commute. I would like to make a full career out of my job, and this unit has made that a possibility. I hope to stay here for many years to come.

Why did you join the Air Force?

I joined the Air Force to better my career and life, and to follow my dream and love of flying.

AES NCO "PEPed" to Chief



Tech. Sgt. Anthony Springer

Staff Sgt. Brianne Fowle and Senior Airman Brenna Fowle, daughters of Senior Master Sgt. Brian Fowle congratulate their dad by tacking on his chief stripes. Fowle was "PEPed" to chief effective Oct. 1.

All three are assigned to the 445th Aeromedical Evacuation Squadron.

The Promotion Enhancement Program is a commander's program designed to promote outstanding and well-deserving reservists who have clearly demonstrated the potential to serve in the next higher grade over the grade of the billet occupied.

News Briefs

Promotions

Airman

David Andrix, CES
David Gayer, CES
Kody Novak, 87 APS
Cordero Stephens, FSS

Airman First Class

Jessie Robinett, AW
Eric Wadlington, 87 APS

Senior Airman

Eric Cohen, MXS
Cori Steininger, CES
Ryan Walker, ASTS

Staff Sergeant

Rebecca Dorsch, AMDS
David Harvey, AMDS
Tragina Nixon, FSS

Technical Sergeant

William Smith, 87 APS
Scott Spielman, MXS
Rufus Vaughn, 87 APS

Master Sergeant

William Castle, 87 APS
Shannon Thomas, AES

Awards

Meritorious Service Medal

Maj Ben Smallwood, OSS
SMSgt Michael Bailey, 87 APS
SMSgt Alan Berens, OSS
SMSgt Blaine Bermel Jr., OSS
SMSgt Michael Kenne, AMXS
SMSgt Mahrae Meek, OSS
MSgt Gary Hanby, OSS
MSgt Steven Palsgrove, OSS
MSgt Douglas Werner, AMXS
TSgt Susanne Villioth, OSS

Air Force Commendation Medal

SMSgt Monte Snyder, MOF
MSgt Charles Dyer, MXS
TSgt Charity Kidd, OSS
TSgt John Kohut, MXS

TSgt Leah Smith, LRS
SSgt Jacob Crafton, MXS

Air Force Achievement Medal

TSgt Justin Hunt, 87 APS

Air Medal

Lt Col Roberta Stemen, AES
Lt Col Steven Theohares, AES
Capt Christopher Blomberg, AES
1Lt Jeffrey Miller, AES
MSgt Frederick Hageman III, AES
SSgt Rachel Hardin, AES
SrA Jennifer Edington, AES

Newcomers

Lt Col Edward Venner, 89 AS
Maj Michael Borg, OG
Maj Hans Otto, AMDS
Maj Ben Smallwood, OG
1Lt Shawn Cuevas, ASTS
1Lt Shahzad Mujeeb, AES
1Lt Latoya Simmons, OSS
2Lt Matthew Dagani, AES
2Lt Jennifer Priest, AES
SSgt Jay Benson, 87 APS
SSgt Justin Howard, AMDS
SSgt Michael Wayne, 87 APS
SSgt Joshua Worch, SFS
SrA Steve Branham, AES
SrA Elijah Breedlove, OSS
SrA Brian Ramos, CES
SrA Brittany Weekly, MOF
A1C Kyle Adkins, CES
A1C Morgan Boyle, 87 APS
A1C Patricia Dunbar, LRS
A1C Jesse Farmer, 87 APS
A1C Lloyd Jackson, 87 APS
A1C Chad Snavely, 87 APS
A1C Ryan Walker, ASTS
Amn Dexter Alleyne, AMXS
Amn Jacob Banks, CES
Amn Adam Butler, AMXS
Amn Brittany Lutz, AMXS
Amn Jessie Robinett, AW
AB Michalin Baker, CES
AB Roxanne Barker, CES
AB Danielle Barnes, ASTS

AB Amanda Brundage, ASTS
AB Chelsea Eldridge, MXS
AB Robert Ford, MSF
AB Stephan Hall, MSF
AB Kristina Matlock, AMDS
AB Kody Novak, 87 APS
AB Joseph Rasor, CES
AB Karissa Spiller, CES
AB Justin Williams, SFS

Lt Col Promotions



The results for the calendar year 2011 Air Force Reserve line and health professions lieutenant colonel promotion selection boards were released Aug. 23. These boards selected more than 500 Citizen Airmen for promotion. The 445th Airlift Wing had nine members selected.

Congratulations to the following promotees:

Barry Crane, 445th Logistics Readiness Squadron
Anna Kaus, 445th Aerospace Medicine Squadron
Alan Kendrick, 445th Airlift Wing
Darin McKinney, 445th Aeromedical Staging Squadron
Ali Miremami, 445th Aerospace Medicine Squadron

Jason Ortiz, 87th Aerial Port Squadron

Lisa Shear, 445th Aerospace Medicine Squadron
Jeffery Stricker, 445th Aircraft Maintenance Squadron

Michael Vollmer, 445th Logistics Readiness Squadron

A complete list of selectees is available at <http://www.arpc.afrc.af.mil/promotions/index.asp>.

Spouse council

Members of the 445th Spouses' Council invite spouses to join them Saturday, Oct. 1, at 1:30 p.m. in the commander's conference room, building 4010.

Support your spouse and his/her commitment to the Air Force Reserve. This is a great opportunity meet other spouses and find out how to support the wing.

A spouses' council Facebook page will be online soon. Please type in 445th Spouses Council in the search box.

For more info contact the council at 445spouses-council@gmail.com.

PDS

The 445th Airlift Wing Professional Development Seminar is Nov. 7-8 at the Dayton Wyndham Garden in Miamisburg, Ohio. The event will be held 6:30 a.m. to 4:30 p.m. daily, and breakfast and lunch will be provided.

The seminar will include sessions on e-mail management, career essentials, GI Bill, the importance of networking, conflict resolution/critical conversation and investments 101. There will also be a total force senior enlisted panel and a total force junior enlisted panel.

The cost of registration is \$70 and is reimbursable for all 445th members. Registration information and reporting instructions are at <http://www.eventbrite.com/event/2166022632>.

For more information call Master Sgt. Anthony Johns at (937) 257-7098.



Senior Airman Mikhail Berlin

Just “plane” fun

A C-17 Globemaster III is flanked by show cars at the wing picnic Sept. 11. Members of the wing and their families toured the C-17 as part of the picnic activities.

On the Web



**87th APS
in action**



**Wing picnic
photo show**



**445th AES
supports
Hometown
Heroes**

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