

BUCKEYE FLYER

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Medical units participate in disaster response exercise

By Capt. John T. Stamm
445th Airlift Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio -- The 445th Airlift Wing, in coordination with the Wright State University National Center for Medical Readiness, conducted an emergency disaster response training exercise here and at the Calamityville collaborative training and research facility in Fairborn, Ohio, Sept. 9.

The exercise was conducted to prepare civilian and military medical units to cooperate and react with traditional disaster responders, ensuring greater efficiency and effectiveness in the event of an actual emergency.

In the event of an actual disaster, response units would be required to work together. Rapport between these units is imperative prior to a real-world event to ensure a successful outcome.

"We are providing an off-site, real-world setting to gain an understanding of the other units and provide the opportunity for all medical personnel to work together," said Master Sgt. Glenda Marck, 445th Aerospace Medicine Squadron cardiopulmonary section NCO in charge. "The real world off-site event such as this is the only way to test and prepare for a disaster or deployment and to successfully meet our training objectives."

The exercise involved the 445th AMDS, Aeromedical Staging Squadron and Aeromedical Evacuation Squadron, along with personnel from the 445th Force Support Squadron and safety office. Thirty-nine simulated patients, spread over three separate areas, tested the AMDS's first responders, real world medical support capabilities, transfer of patients from the field, and the ability to set up a command post. The ASTS exercised their ability to transfer pa-



Lt. Col. Cynthia Harris

Senior Airman Sydney Winnenberg (left) and Staff Sgt. Jason Thomas both 445th Aerospace Medicine Squadron medical services technicians administer medical care to a "patient," during the disaster response training exercise Sept. 9.

tients from the disaster site to the airfield with the AES providing air transport of patients.

The scenario simulated that a quarter-mile wide EF 5 tornado traveled through the heart of Calamityville, Ohio. All structures and trees in the path of the tornado were destroyed, and debris from the tornado made the roads difficult to maneuver. The area of responsibility for the responders was a factory that produced cement products. Workers had very little warning of the approaching tornado, and as a result, few were able to take shelter. There were numerous injuries and an unknown number of fatalities. Utilities and telecommunications were unavail-

able throughout the entire town.

Personnel from AMDS and ASTS were responsible for assessing the disaster area, initiating search and rescue operations, and the triage and transportation of injured personnel to the flightline by ambus.

Master Sgt. Molly Blackburn, 445th ASTS medical technician, served as the superintendent of the simulated contingency aeromedical staging facility, where the ASTS set up operations to perform triage on patients awaiting aeromedical evacuation or transport to a permanent medical facility.

"The CASF is where patients

— See CALAMITYVILLE, page 6

Wing welcomes new inspector general

By Maj. Charles Destefani
445th Airlift Wing Inspector General

Hello and thank you for welcoming me to the 445th family! It is an honor to be back in my home state of Ohio and I look forward to meeting each one of you over the coming unit training assembly weekends.

A little about me: Commissioned through ROTC at Syracuse University in 1990, I entered active duty at Wright-Patterson in 1992 after completing my master's degree at the Ohio State University. I separated from active duty in 1998 and moved to New Jersey where I became an IT Manager. After a seven year break in service, I entered the Air Force Reserve in 2005 as an individual mobilization augmentee with the 88th Communications Group. In 2008, I became a traditional reservist.

A little about the inspector general: The IG is accountable to the Secretary of the Air Force to ensure discipline, efficiency and effectiveness of the Air Force. Here at the 445th, we all live by the oaths we have taken to protect and defend the Constitution of the United States. We live our Air Force core values of integrity first, service before self and excellence in all we do.

The IG is responsible for running the Fraud, Waste, and Abuse program, and is focused particularly on addressing any incidents of restriction, reprisal or improper mental health evaluations. Restriction occurs if any leader says that a service member cannot visit



the IG to discuss an issue. Every Airmen is entitled to free and open access to the IG with no fear of negative repercussions. Reprisal is when any negative repercussion results from a service member visiting the IG. Finally, mental health evaluations are made only by commanders in very specific circumstances. If a service member is referred for a mental health evaluation, the IG makes sure due process is followed to protect the service member, the commander and the Air Force.

As I embark on this bold new mission, let me share a profound thought presented by Lt. Gen. Stephen Mueller, SAF/IG, at the installation IG training course. He said, "The IG's job is to make sure that the Air Force 20 years from now is as good as or better than the one we have today." We have to make sure that Air Force Instructions are understood at all levels and applied consistently across all functions. The IG is not an advocate for individuals, nor do we advocate for the commanders. We are the independent eyes and ears for all to ensure resources are being managed efficiently and that leadership and discipline are applied consistently up and down the chain of command.

Please feel free to stop by my office in Room 75 in building 4010, or call me at 257-9902. During the coming months, I will contact all squadrons to set up times to meet you at your commander's calls, and I always appreciate being invited to special events. I will do my level best to support each of you and ensure that the 445th Airlift Wing stays one of the best units in all of AFRC. Let's go!

Buckeye Flyer

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Ignoring the voices in the crowd

By Chaplain (Capt.) Brian Honett
445th Airlift Wing Chaplain Corps

One of the Air Force core values is integrity. Integrity is often defined as doing what is right when no one is looking. That is a huge part of what it means to have integrity.

There are a lot of rules and regulations that govern our conduct as Airmen whether we are on duty or off. Often no one will see or know if you fail to follow them (at least for a while). Another important component of integrity is doing the right thing even when everyone around you wants you to do the wrong thing.

The apostle Paul wrote in 1 Corinthians 15:33, "Bad company corrupts good character." You might be a

powerful leader or a quiet follower but the same is true; the people around you are going to influence you.

Having integrity means choosing to do the right thing even if the influences around you encourage you to do the wrong thing. Pilate found that Jesus had done nothing wrong and was a powerful political figure, yet the yelling crowd around him convinced him to violate what he knew was right.

Maybe you have some things going on in your life. Maybe you have made some bad decisions because of those around you. It might be time to change up the crowd around you. Life is

too tough to go it on your own, and you don't ever have to. You might need some encouragement, a voice to help push you toward the decision or action that you know is right. Maybe you've made some bad decisions because of the crowd and don't know what to do now. Maybe, just maybe, you simply want to talk to someone who will listen rather than lecture.

Whatever your situation is, we'd love to help. Give us a call or stop by the chaplain's office in building 4010. We want to help encourage you no matter what is going on in your life.





(left) Hundreds of residents from Tucué Village, Coclé District in Panama wait in line for medical screenings and treatment at a local school Aug. 20.

(bottom left) Master Sgt. Michael Telford, AMDS optometry services NCO in charge, issues a pair of glasses to a patient in Laventa, Coclé District, Panama Aug. 23, 2012.

(bottom right) Dr. (Lt. Col.) Ali Miremami, dental officer, (center) and Staff Sgt. Joseph Craig, dental assistant (right), both from the 445th AMDS, prepare a patient for a tooth extraction while local interpreter, Don Perezoso, assists.

Photos by Tech. Sgt. Anthony Springer



445th provides medical services to Panama residents

By Staff Sgt. Robert Nelson
445th Airlift Wing Public Affairs

Thirty members from the 445th Airlift Wing descended upon Panama for the Panama Medical Readiness Training Exercise Aug. 18 to Aug. 31, providing medical services to 5,000 residents who have little or no access to medical care.

The teams, consisting of 445th Aerospace Medicine and Aeromedical Staging Squadron members, traveled to several locations within the Panamanian borders. They went to the villages of Caimito, Laventa, and Tucué in the Coclé District of Panama using local schools as their improvised medical centers.

Local Panamanians received about 9,400 procedures to include dental exams, dermatology exams,

optometry exams and general medical care. They also received medication. Along with the optometry exams, glasses were provided by the U.S. Government and the Lyons Club. The Panamanian Ministry of Health provided immunizations to residents.

The Panamanian Ministry of Health advertised to residents that there would be medical services available, after that, word of mouth helped deliver the message to residents in extremely rural areas, said Master Sgt. Melissa Caylor, 445th AMDS health care technician.

The people were very grateful. They have limited transportation to get to medical care, said Caylor. One young girl walked about two

hours, Caylor added.

“We went to Panama to show American support and help with host nation relations,” Caylor said.

The Air Force’s International Health Specialist program focuses on building medical partnerships with other countries in peacetime, before they need assistance. IHS members are educated in the language, culture, and politics of their specific areas of responsibility. Teams support theater engagement plans, create partnerships with medical colleagues from nations within their region, facilitate military-to-military and military-to-civilian interactions, and sup-

See PANAMA, page 5



WORRIED WARRIOR?!

By Master Sgt. Jeffery Spires & Tech. Sgt. Kerrie Yeager
445th Logistics Readiness Squadron

Do you wait until the last minute to get ready for your PT tests? Do you regret not taking the time to prepare your body for what it's about to go through? Have you thought about what you may need to condition your body for when it comes to the operational readiness inspection?

As you may have realized after going through the operational readiness exercise, you will put your body through some things that it isn't used to and you probably felt the effects of that. The ORE/ORI consists of adjusting your body in many different ways. We hope to bring light to the issues that you may have not even thought of.

"We own the night!"

If you didn't know before we deployed to the combat readiness training center, you know now that we, the 445th, work the night shift. If you didn't practice swapping your normal sleeping pattern then it probably took you some time to adjust. By the time you did adjust, it was end EX and you were adjusting back to your normal sleeping pattern again. For the ORI in the beginning of the calendar year, about a week out, start pushing your sleeping schedule back more and more until a few days prior to departure until you are in full swing, ready for night shift. This will increase your work potential as you will be more alert and ready to

tackle the night.

Not your bankers hours

Working the night shift was probably not the only issue you faced. Early on in the exercise you probably figured out 12 hours is more like 14-16, and 16 more like 18-20. By the time you got ready for work, ate, armed up, and caught the bus you had already been up for an hour or two. Then, turn in, possibly get a bite to eat, and personal hygiene added yet another hour or more to your time before

fact that you lose mental capacity the longer you are in the gear. However, you can combat this by building up your tolerance. When you are in the office or sitting at home prior to the ORI, put your mask on. Your co-workers and family may give you funny looks but it will pay off in the end. Just remember practice makes permanent.

Your nutrition for our mission

The feeling of being run down during the exercise can be somewhat offset through proper nutri-

tion. One of the most important things you can do prior to the ORI is "feed your machine." Proper hydration and diet starts well before you get on the plane. A few days out ease up on the caffeine and alcohol, and instead increase your water intake. Carbohydrate loading will also help give you that extra energy you will need to finish the fight.

Get your mind right

A positive outlook on this mock deployment is essential when striving to

Staff Sgt. Robert Nelson



Members of the 445th Airlift Wing process through the pre-deployment line Sept. 17, 2012, in preparation for the wing's organizational readiness exercise held in Gulfport, Miss.

you laid your head down. There is not much you can do to prepare for this during the ORI short of not sleeping (NOT RECOMMENDED). What you may want to do prior to the ORI though is give up those days of sleeping in or taking naps.

Don't fear your chem gear

The part most people dread during the exercise is always the chemical defense portion. Did you find yourself struggling to operate when you had the gear on? It is a proven

obtain an excellent. No one wants to be losing sleep, eating MREs, or "sucking rubber." But this is the military, we have a mission and it's what we are here to do, so be proud to do it. We want to leave you with this message from Lt. Col. Donald Wren, LRS commander, "Only 1 percent of the population has the courage to do what we do. It is all about the attitude that we few chosen portray while performing this honorable duty."



AES reservist and siblings complete AF Marathon

By Stacy Vaughn
445th Airlift Wing Public Affairs

The day finally came that he and his siblings were anticipating, Sept. 15, 2012, the day of the Air Force Marathon. Tech. Sgt. Joseph Valenzuela, 445th Aero-medical Evacuation Squadron, and his sisters, Master Sgt. Jackie Duarte, 548th Operations Support Squadron, Beale Air Force Base, Calif., and Juliet Valenzuela, an Air Force veteran now living in Florida, have been preparing for this day for the last nine months. The day was over just as fast as it came.

The trio was among 3,297 runners who completed the full marathon. The top finisher completed the race in 2:28:58.

Joseph completed the marathon in 4:15, just 15 minutes short of his goal of 4 hours.

“Running in the Air Force Marathon was a great experience and certainly was an accomplishment to finish the race. Even though I fell short of my goal, it was a tremendous accomplishment on my part having never run a marathon in the past,” Joseph said.

During the run, Joseph was amazed by the support of the surrounding community, the volunteers and the other runners. He said he loved the bands at the different mile markers and the fans. He said having people cheer the runners on at various locations made a difference.

“I cramped up really bad during the race. I kept telling myself, ‘One more mile. One more mile,’ to keep moving on. It was an exciting memorable moment. When I crossed the finish line, I was proud that I had finished. Just before I crossed, I heard a huge cheer from my father that just enlightened my heart,” Joseph said.

Juliet had a different take on running the marathon. She finished alongside Jackie in 4:40:00. They beat their goal by running under 5 hours.

“I was nervous at first but once I started the run, it seemed like the miles were passing by so fast. The cool temperature felt wonderful and I didn’t even break a sweat as I did when training in Florida where the average temperature was in the 90s,” Juliet said.



Courtesy photo

From left to right; Cindy Valenzuela, Jackie Duarte, Joseph Valenzuela and Juliet Valenzuela, show off their medals after completing the 2012 Air Force Marathon.

Joseph said he’s considering running in next year’s Air Force Marathon. He’s focusing on running the half marathon with his father, Oscar, who was inspired to run after seeing his three children participate.

“My advice for future first time marathoners is to train appropriately. Do your research and find the right running program that meets your goals. Commit to that goal and you will cross that finish line,” Joseph said.

Juliet is undecided if she’ll run in the marathon next year. She plans to take a break from running to let her body relax, heal and to focus on her graduate degree and her job.

“Train, train, train. I felt great running and recovered quickly because my body was conditioned for the marathon,” Juliet said.

Editor’s note: This is part two of a two-part series on the Valenzuela siblings participating in the Marathon.

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Staff Sgt. Jennifer Reckner, 445th AMDS aerospace medical services craftsman, checks the blood pressure of a patient in Tucué Village, Coclé District in Panama Aug. 22, 2012.



Tech. Sgt. Anthony Springer

port medical-planning operations and deployment, according to Air & Space Power Journal.

The MEDRETE is part of the IHS mission.

The main focus of Air Force Reserve Command’s IHS program is to promote the total-force concept. The Reserve IHS program also identifies training and exercises that will combine National Guard, Reserve, and active duty efforts.

“You get to see a different side of the world. They appreciate the work you do for them,” said Sergeant Caylor. When you get a hug from a person who is really thankful for what you have done for them, it means that much more, Caylor added.



SPOTLIGHT



Rank/Name
Senior Airman
Maura Phillips
Unit
87th Aerial
Port Squadron
Duty Title
Cargo specialist/
training manager
for cargo
Hometown
Westlake, Ohio
Civilian Job
Base Honor Guard

Education

Currently pursuing a bachelor's degree in biological sciences

Hobbies

Diving, running, hiking and singing

Career Goal

I would like to retire in the Air Force. I would like to put as many years as they let me. I'd like to make the rank of Chief or receive my commission as an officer.

What do you like about working at the 445th?

I enjoy working with all my co-workers. If it wasn't for my unit, I wouldn't be where I am today, and I wouldn't have progressed so quickly in my career field.

Why did you join the Air Force?

The military has been a part of my entire life. It has been a dream of mine since I was a child to be in the Air Force, and without it I feel like a part of me is missing.

CALAMITYVILLE, from page 1

receive additional treatment and we make sure they are stable prior to transporting them to the flightline," Blackburn said. "In this exercise we are stateside, but we could be activated to conduct operations overseas."

On the flightline, during the final stage of the exercise, the AES took command and coordi-

nated the transfer of patients on and off of a C-17 Globemaster III aircraft configured for medical evacuation.

Col. Linda Stokes-Crowe, 445th AES commander, supervised the up-loading and off-loading of the patients onto the C-17 and was very pleased with the performance of all involved and stressed the importance



Photos by Capt. John T. Stamm

Airman 1st Class Danielle Barnes, 445th ASTS dietary therapy helper, Senior Airman Jack Ingram, 445th AMDS medical laboratory technician, and other medical personnel transport an "injured patient" during the disaster response training exercise.



Tech. Sgt. Rebeca Guzman, 445th ASTS aerospace medicine services craftsman, Senior Airman Robert Dallessandris, 445 AMDS medical services technician and other medical personnel, carry a "patient" on board an awaiting C-17.

of exercises such as this.

"The worst thing would be for all the units to have to work together for the first time during a real emergency," she said. "We will continue to conduct these exercises with the help of Wright State. The results have been fantastic."

The exercise provided a unique opportunity

whereby education and training courses could be transferred to a hands-on application, offering participants a more complete learning experience.

"This exercise is an extremely valuable experience, especially for the younger troops who have only had classroom instruction," Blackburn said. "They are learning a lot."



News Briefs

Promotions

Airman

Amanda Brundage, ASTS
Brandi Wright, ASTS
Marian Morejon, ASTS

Airman First Class

Chelsea Eldridge, MXS
Matthew Engel, ASTS
Joshua Flynn, ASTS
Andrea Madison, ASTS
Barry Rutledge, LRS
Samuel Schaeffer, OSS
Ashley Schwandt, AMDS
Zackery Wells, SFS

Senior Airman

Jacob Banks, CES
Zachary Banks, 87 APS
Jeremy Hendricks, 87 APS
Christopher Jeffers, 87 APS
Victoria Koster, MXS
Abigail Lang, AES
Aaron Leighty, ASTS
Jennifer Lenz, 87 APS
Daniel Levingston, LRS
Will Marshal, LRS
Kody Novak, 87 APS
Michael Padley, AES
Travis Pyles, CES
Cary Tiller, CES
Andrew Woods, OSS

Staff Sergeant

Joshua Dewitt, AMXS

Technical Sergeant

Steven Sherman, 87 APS
Shayne Thompson, LRS
Jason Bates, LRS

Master Sergeant

Kevin Siglar, AMXS
Brian Childers, 87 APS
Jeffery Spires, LRS
Rhiannon Toops, 87 APS

Senior Master Sergeant

John Koehl, AMXS
Darrell Mellars, AMXS

Awards

Meritorious Service Medal

Col Allen Gilbar, AW
Lt Col William Barton, 89 AS
Lt Col Robert Bovender, OG
Lt Col Robert Rives, AMDS
Maj Jeremy Flannery, AW
Maj Kyle Hayes, 89 AS
Maj Annette James, ASTS
Maj Leland Shea, FSS
CMSgt Stephen Drain, MXG
SMSgt Catherine Little, AW
SMSgt Valerie Stumpf, AMDS
SMSgt Barbara Welshhans, 89 AS
MSgt James Hepp, ASTS
MSgt Michael Straley, FSS
MSgt Jeremy Weisenberger, 87 APS
TSgt Wilson Lyons Jr., AMXS
TSgt Gary Muckerheide, LRS
TSgt Chad Wassom, 89 AS

Air Force Commendation Medal

Capt Justin Thornsberry, AES
TSgt Brian Anders, 87 APS
TSgt Kimberly Boyles, 89 AS
TSgt Brent Parrish, 87 APS
TSgt Sylvia Rogers, 87 APS
TSgt Garrett Stallion, 87 APS
TSgt Jamie Supinger, FSS

Air Force Achievement Medal

1Lt Emily Nankivell, OG
SrA Lindsey Flannery, LRS
SrA Jerel Wright, 87 APS

Newcomers

Maj Denise Kerr, AW
Capt Natalie Dalessandro, AW
Capt Jeremy Denman, 87 APS
MSgt Alfred Crawley, OSS
SSgt Matthew Foster, 87 APS
SSgt Nichole Huck, ASTS
SSgt Kaamilya McQueen, AMXS
SrA Andrew Brinza, CES
SrA Jonathan Conley, SFS
SrA Michelle Helregel, ASTS
SrA Eric Henry, 87 APS
SrA Steven Klepeisz, MXS
SrA Christy Prater, LRS
SrA Jennifer Turner, AMDS
SrA Roy Vonalmen, AES
A1C Sarah Cauley, AES
A1C Tara Eldred, AES
A1C Jimmie Robinson, LRS
A1C Darren Trenkamp, LRS
Amn Anthony Lauderdale, CES
Amn Barry Rutledge, LRS

Ask AMDS



Reserve members must have an annual dental exam and classification. Every third year the exam is completed as part of the Reserve Component Preventive Health Assessment process by a military dentist. The intervening years must be completed by a civilian dentist and a DD Form 2813 submitted. The member is placed in no point/no pay status if 12 months have passed from the last dental exam (Dental Readiness Classification (DRC) 4).

The member cannot be removed from DRC 4 unless they are examined by a military dentist. Due to RCPHA requirements, 445th dentists are limited to the number of DRC 4 patients that can be examined during UTAs. This equates to the possibility of being in DRC 4 for an extended time. Members can avoid this by complying with the Reserve dental guidelines.

Email topics you wish to see addressed to Master Sgt. Glenda Marck, Glenda.marck@us.af.mil. Members can view and print their profile/readiness status through the following link: <https://asims.afms.mil/webapp/AppDir.aspx>, click on "my individual readiness status."





Maj. Jose Cardenas

Tightening up the load...

Senior Airman Maura Phillips, 87th Aerial Port Squadron cargo specialist/training manager for cargo, tightens nets to a pallet to prevent cargo from shifting in flight during the Sept. 9 unit training assembly. Phillip's is featured in this month's Spotlight.

On the Web



AFRC/A4 visits wing



Wing remembers 9/11



445th members support AF Marathon

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