

BUCKEYE FLYER



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Photo by Staff Sgt. Angela Jackson

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MXG, AFLCMC
partnership



Wellness blueprint: Just breath

By Lt. Col. Dietra Watson
445th Aeromedical Staging Squadron

Breathing is an essential, automatic process, but many people are unaware of how their breathing patterns affect their overall health.

Modern research highlights that conscious breathing exercises can have a significant impact on physical, mental and emotional wellbeing.

This article explores the benefits of breathing exercises and provides practical guidance on incorporating them into daily life.

Breathing exercises are simple yet powerful techniques that can improve lung function, reduce stress and promote relaxation. Consistent practice has been shown to enhance sleep quality, support mindfulness, increase exercise endurance and contribute to overall wellbeing.

Scientific studies indicate that slow, controlled breathing effectively decreases stress and anxiety, two prevalent concerns in modern society.

There are several techniques you can do daily like diaphragmatic (belly) breathing, which is a mind-body approach for reducing symptoms of stress, anxiety and depression.

You can also do box breathing, sometimes called tactical breathing, which was initially created by the U.S. military. Box breathing is often used to manage stress and improve performance.

How to do Box Breathing:

- Inhale through your nose for four counts.
- Hold your breath for four counts.
- Exhale through your mouth for four counts.
- Hold your breath for four counts.
- Repeat this cycle for 2-3 minutes.

By making breathing exercises a regular part of your routine, you can strengthen both your mind and body, building resilience against everyday stressors.

This simple practice not only supports relaxation and emotional balance but also equips you with practical tools to navigate challenges with greater confidence and adaptability.

Embracing mindful breathing is an accessible way to foster lasting resilience and promote overall wellbeing.



Buckeye Flyer

445th Airlift Wing

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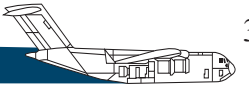
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What's Up Doc: A sit down with Dr. Robert (Bob) Greiman, Jr.

By Senior Airman Ethan Lamb
445th Airlift Wing Public Affairs

A visit to the Director of Psychological Health (DPH) at the 445th Airlift Wing usually consists of the doctor listening as you unload information while seeking their guidance or understanding.

Recently, the roles were reversed as the incoming director, Dr. Robert (Bob) Greiman, Jr. sat down for a conversation about his career in the Air Force. In his new role as the DPH, he explained how he will continue to build upon his knowledge of social work while learning the nuances of the United States Air Force Reserve.

"After September 11th happened, one of my co-workers enlisted with the Army and then commissioned a few years later," Greiman stated. "I thought, oh, the military has social work and started talking to an Air Force recruiter."

His father, a former Air Force crew chief, helped Greiman decide which branch to pursue. As an established social worker, Greiman went back to school to finish his master's degree in social work at the University of Tennessee in 2002. After completing school and meeting post graduate requirements, he was commissioned as a 1st Lieutenant in the Air Force in 2006.

"Things took off after I commissioned," acknowledged Greiman. "I've been to Seymour Johnson, Ramstein, the Air Force Academy, Kunsan, and here among other places and now I'm retired [from active duty]."

Greiman has spent the better part of the last 30 years honing his craft within the mental health sphere and has helped develop and implement several programs and ideas to help keep Airmen and other service members in the fight.

"During President Trump's first term, we were tasked with getting a large number of Airmen downrange in a very short amount of time," recalled Greiman. "We were able to create an Automated Neuropsychological Assessment Metrics (ANAM) test lab to

streamline that process. That allowed us to benchmark things faster from the mental health perspective".

Mental fitness makes up the first pillar of the Comprehensive Airman Fitness (CAF) framework. Greiman hopes to continue helping Airmen strengthen that pillar.

"I'd love to bring back the phrase, 'embrace the suck,'" emphasized Greiman. "There are things about the military that suck, like a deployment or having to come in every month for a UTA weekend. But there are usually good things that come from those and it's important to remember that."

There are glaring differences between the active duty and the reserve sides of the Air Force. Greiman stressed that he wants to learn how the reserve is different and remain humble enough to know that he does not know how everything works yet.

"Educate me, please. When you PCS to a new base, you like to think that everything is standardized and it's not," emphasized Greiman. "I hope that I can turn off being Lt. Col. Greiman and just be Bob, enough that I'm approachable and I'm here to learn and help."

Greiman provides a good reminder for all that no matter where one is or what one is dealing with, to continue learning throughout the journey.

(Photo by Senior Airman Ethan Lamb)





SPOTLIGHT

Rank/Name: Capt Christopher H. Funke

Unit: 445th Aeromedical Evacuation Squadron

Duty Title: OIC, Logistics Element

Hometown: Fairborn, Ohio

Civilian Job: Pharmaceutical Manufacturing Technician

Education: B.S. Biology; MBA

Hobbies: Photography, exercise, conventions, organizing rooms and spaces

Career Goal: I would like to fly for the Air Force and act in an instructor capacity for future flyers later in my career.



(Photo by Senior Airman Ethan Lamb)

What do you like about working at the 445th? I enjoy the flexibility that working on base offers with my civilian job. My leadership trusts me to utilize my time efficiently with great effect and allows me to steer the programs they have entrusted to me. I

have been with the 445th for 12 years and have gotten to know many different people who collaborate and make the mission happen. It has been encouraging to see how effectively responsibilities have been handed from one wave of members to the next.

Why did you join the Air Force? There is always great benefit in learning something you don't know. The Air Force has given me the opportunity to learn more about the medical field and provided me with numerous experiences that ingrained that information in me. I want to continue experiencing what the Air Force has to offer while providing what I know to the next generation of personnel so that knowledge does fade.

Around the Wing



Left: Senior Airman Ethan Lamb, 445th public affairs, documents training involving the 445th Aeromedical Evacuation Squadron and volunteer acting patients from the 87th Aerial Port Squadron at Wright-Patterson AFB, Aug. 26, 2026.



Right: Tech. Sgt. Grant Reigelsperger, 445th Aircraft Maintenance Squadron, conducts a routine top of wing inspection on a C-17 Globemaster III at Wright-Patterson AFB, Aug. 26, 2026.

(Photos by Mr. Patrick O'Reilly)



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Chief Master Sergeant
Nathan Karlen, 89 AS

Senior Master Sergeant
Kimberly Naehring, 89 AS

Master Sergeant
Zachary Allen, 89 AS

Technical Sergeant
Daniel Logvin, SFS
Nathaniel Norden, ASTS
Anthony Wilson, SFS

Staff Sergeant
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Luke Muhlenkamp, AMXS
Marcus Simones, AMXS
Justin Tomlinson, 89 AS

Senior Airman
Vincent Banoeyelle, 87 APS
Saroj Chhetri, FSS
Jarred Livelsburger, SFS

Stork's Nest

Stork's Nest Family Link is an initiative focused on supporting 445th Airlift Wing Airmen with diaper-aged children across the wing.

The program connects Airmen in need with voluntary, wing-based support through a structured quarterly cycle. To register to receive items, please scan the QR code.

First Sergeants will validate the requests to remain anonymous and discreet.



Military OneSource is your 24/7 gateway to trusted information, resources and confidential help.

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**DID YOU
KNOW?**



Wing comes together for Family Day 2026



Reserve Citizen Airmen from the 445th Airlift Wing, families and friends enjoyed a day of food and fun at the wing's annual family day picnic, Sept. 12, 2026 at hangar 4016. Participants enjoyed corn hole, children's bouncy houses, remote control vehicles, face painting and other activities. A C-17 Globemaster III static display was available for tours and a DJ was on hand for entertainment. In addition, various helping agencies provided useful information to Airmen and their families. Food and activities for the event were provided by the Wright-Patterson Air Force Base United Service Organizations (USO). (Photos by Tech. Sgt. Joel McCullough and Staff Sgt. Angela Jackson)



445 AW conducts 2026 Warrior Challenge



Members of the 445th Airlift Wing participate in a Warrior Challenge at Wright-Patterson Air Force Base 12 Sept. 2026. The event is a mission-inspired competition designed to test the physical fitness, mental toughness, communication, and teamwork of today's Airmen. Throughout the event, teams completed a series of operationally focused challenges that require endurance, problem-solving, and the ability to perform under physical stress. The competition began with a 1.9 mile tactical movement race with one Airman transporting a ruck and the others carrying training weapons. Afterwards they proceeded to a litter carry, a nine line medical evacuation request, a body drag, ammo carry and then finished with a physical challenge consisting of ten burpees, ten flutter kicks, twenty lunges, and twenty ammo can squats.

The competition consisted of 15 teams of three representing their squadron. The teams remained together throughout the course, emphasizing accountability, communication, and teamwork.

The Warrior Challenge is designed to reinforce the Air Force Core Values while building confidence in each team's ability to operate under pressure. Success depends on more than physical strength. It requires communication, leadership, accountability, resilience, and trust in your teammates. Every obstacle is an opportunity to demonstrate the warrior ethos and prove that mission accomplishment is achieved through teamwork.

The winning teams of the event were: 1st AMXS, 2nd OSS, and 3rd AMDS
(Photos by Tech. Sgt. Joel McCullough)





445th MXG, AFLCMC build foundation for continued partnership

Amanda Dick
445th Airlift Wing Public Affairs

I.S. Airmen with the 445th Maintenance Group and members with the Air Force Life Cycle Management Center Engineering and Technical Management/Services Directorate (EN-EZ) opened the pathway for continued future partnership during a visit to the wing Sept. 15.

The visit highlighted maintenance back shops like the fabrication flight, non-destructive inspection and X-ray followed by a tour of a U.S. Air Force C-17 Globemaster III aircraft.

"Collaborations like this open valuable dialogue," said Senior Master Sgt. Brock Felgenhauer, 445th Aircraft Maintenance Squadron specialist section chief. "The 445th MXG was able to showcase what we do as a maintenance organization and highlight how capable and efficient we are. By [doing this], we helped build greater awareness of the 445th's active flying mission among civilians on base."

During the visit, 445th Airmen had the opportunity to discuss with the engineers the wing's mission and maintenance hurdles they face. They examined how the two organizations have collaborated in the past and can continue this partnership in the future to continue creating timely solutions for any technical issues the MXG may face.

"Throughout the event, members of the 445th MXG emphasized the critical importance of AFLCMC's support for C-17 aircraft maintenance and technical guidance," Felgenhauer said. "One civilian engineer noted the 445th MXG could coordinate directly with the original equipment manufacturer for composite adhesive and pre-impregnated materials to request validation of a longer shelf life, especially after 445th MXG personnel expressed ongoing challenges in obtaining these critical materials."

For the AFLCMC engineers, the visit provided an understanding of the result of their support.

"We gained a better appreciation for the impressive extent of the 445th MXG manufacturing (CNC, painting, etc.) and non-destructive inspection (X-ray, dye penetrant, etc.) capabilities," said Christina Ryskey, AFLCMC/EN-EZ chief of the Systems Engineering Division. "This understanding reinforces the need to ensure necessary technical data and contractor permissions are understood and secured so that



Senior Master Sgt. Nicholas Garman, 445th Maintenance Squadron fabrication flight superintendent, explains different design and fabrication processes during a collaboration with the Air Force Life Cycle Management Center engineering and technical management/services directorate at Wright-Patterson Air Force Base September 15, 2026. (Photo by Senior Airman Ethan Lamb)

their full capability can be exploited. It is important for AFLCMC/EN-EZ to collaborate with the 445th MXG because it provides direct interaction with the end-user of the products we deliver to the warfighter and those who maintain them."

By the end of the visit, both organizations had deeper understanding of how their partnership can positively impact future operations.

"I personally feel that the collaboration was a huge success," said Felgenhauer, who works with AFLCMC/EN-EZ as his civilian job. "Not only was I able to show my civilian coworkers what we do as a team here in the 445 MXG, but we were able to bridge communication barriers between the Air Force Reserve Command and the Department of War civilians who work here at WPAFB. I hope that there is a better understanding of what our C-17 unit provides for our country and our freedom."

(Senior Airman Ethan Lamb contributed to this article.)



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