BUCKEYE FLYER

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AMXS Chili Cookoff

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Photo by Tech. Sgt. Joel McCullough

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Get out of your own way: Your breakthrough begins within

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

In the U.S. Air Force, we are trained to overcome obstacles, adapt to changing environments and accomplish the mission despite adversity.

We learn the importance of discipline, teamwork, accountability and resilience. We prepare for the unexpected and develop the skills necessary to perform under pressure.

Yet, one of the most challenging obstacles we may face is not always found on the battlefield, in the workplace or during a demanding training exercise. Sometimes, the greatest obstacle is within us.



Fear, self-doubt, negative thought patterns and unresolved experiences can quietly influence our decisions, relationships and ability to reach our full potential. These internal barriers do not necessarily mean we lack strength or ability.

They may simply indicate that there are areas in our lives that require greater awareness, intentional effort and personal growth.

When faced with a difficult situation, consider three simple practices:

- **Pause before reacting.** Recognize your emotions and choose a thoughtful response rather than acting on impulse.
- **Turn triggers into teachers.** Ask yourself what the experience reveals about your habits, expectations or opportunities for growth.
- **Challenge negative thinking.** Replace "I am a failure" with "I experienced a setback, and I can learn from it."

These practices strengthen self-awareness and support more intentional decision-making. They also remind us that resilience does not mean facing every challenge alone.

Seeking guidance from mentors, chaplains, trusted peers or mental health professionals is a sign of sound judgment and personal responsibility.

Getting out of your own way does not mean blaming yourself for every challenge or ignoring circumstances beyond your control. It means recognizing where you need to make a difference and taking intentional steps toward improvement.

As Airmen, we routinely evaluate our performance, strengthen our skills and prepare for the mission ahead. We can apply that same commitment to our personal development.

Growth begins when we become willing to examine our patterns, learn from our experiences, and make choices that align with the people and leaders we aspire to become.

Your past is part of your story, but it does not have to determine your future. Your next breakthrough may begin with one question: What can I change today to become a stronger Airman, leader and person?

More content can be found at www.dvidshub.net/unit/445-AW.

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Wing announces 3rd Quarter award winners for CY 2026

445th Airlift Wing Public Affairs

The 445th Airlift Wing announced its 3rd Quarter award winners for Calendar Year 2026.

Airman of the Quarter

Senior Airman Jonathan Pascual Lopez, 445th Logistics Readiness Squadron inbound cargo technician, is the Airman of the Quarter. Pascual Lopez optimized cargo transfer by eliminating a middleman process and reduced delays for nearly 2,000 assets valued at over $25 million. He sustained five HH-60G Pave Hawk helicopters for over 100 pararescue members to maintain combat search and rescue operation across six gulf countries that generated over 90 combat sorties.

Additionally, he synchronized new delivery procedures across four career fields and directed a seven-person crew in direct-to-customer barrier transfers that saved 18 labor hours and expedited a $5 million bunker expansion that fortified defensive safety for 2,000 personnel.

The senior airman established a new oversized staging area that created new cargo procedures and rapidly cleared a five-month backlog of over 160 assets, processed $15 million in 48 hours, eliminated bottlenecks across four sections, and sustained over a $1 billion aircraft fleet.

Pascual Lopez resolved a one-year facility manager gap, identified four building defects, and directed nearly $100,000 in emergency repairs. He established standard operating procedures and restored an installation receiving point to full mission readiness that secured nearly $2 million in classified items.

NCO of the Quarter

Tech. Sgt. Jarrod Holliday, 445th Security Force Squadron fire team leader, is the NCO of the Quarter. Holliday conducted an electromagnetic warfare course on non-kinetic counter-sUAS systems for over 10 Wisconsin Army National Guard members from the 157th Maneuver Enhancement Brigade that unified joint-force base defense.

Additionally, he spearheaded a joint-unit defense expansion with civil engineer and munitions squadrons to finalize a rapid 30-day upgrade of four electronic warfare systems to secure $5 million in assets prior to an Alarm Red that safeguarded 8,000 Airmen.

The NCO directed a comprehensive inspection of over $1 million in vital c-UAS assets that led to the repair of around 14 non-mission capable systems and averted $15,000 in repair costs to bolster defense readiness by 40% and fortify the installation's airspace.

Holliday restructured standard operating procedures to enable uninterrupted Coyote missile interceptor reloads across two specialized rapid-response teams that led to the neutralization of an enemy drone and preserved over $4 billion in aircraft.

SNCO of the Quarter

Master Sgt. Ryan Steele, 445th Security Forces Squadron squad leader, is the Senior NCO of the Quarter. Steele led a joint response of explosive ordinance disposal, fire and security forces members after a close-quarters impact of a theater ballistic missile. He responded to the point of impact, established a cordon and safeguarded over 400 personnel.

Additionally, he managed mine-resistant, ambush protected all-terrain vehicle extraction efforts for the 379th Medical Group by overhauling evacuation procedures and reducing time by 22% to increase survivability of Airmen.

The SNCO coordinated pre-attack evacuation and protection protocol with the base defense, emergency and wing operations centers to verify cleared targeted structures of over 600 Airmen which ensured safety in a highly contested environment.

Steele orchestrated joint training with EOD to develop a drone component curriculum by implementing hands-on threat identification techniques to cultivate critical air threat recognition capabilities for the SF counter-sUAS teams

CGO of the Quarter

Capt. Tiffany Trivett, 445th Logistics Readiness Squadron flight commander, is the Company Grade Officer of the Quarter. Trivett orchestrated rapid receipt and placement of nearly 20 tons of equipment in under 18 hours that enabled a nearly $500 million air and missile defense site that hardened a critical logistics hub and protected over 200,000 civilians from air and missile threats.

Additionally, she commanded 40 Airmen at a constrained location, sustained 1,500 missions, moved 6,000 tons of cargo and 4,000 personnel, and issued 19 million gallons of fuel to preserve combat power and sustain force flow for U.S. Army Central missions.

The captain drove movement of nine tactical communica-

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SPOTLIGHT

Rank/Name: Staff Sgt. Shareeque Sadiq

Unit: 87th Aerial Port Squadron

Duty Title: Passenger Terminal supervisor

Hometown: Columbus, Ohio

Civilian Job: Data analyst

Education: Ohio Wesleyan University

Hobbies: I enjoy taking on home improvement projects, volunteering and working out. I am currently training toward my personal goal of completing a 5K run.

Career Goal: My career goals are to continue working at my current job and further develop my leadership skills to mentor, support and empower my fellow Airmen to reach their full potential, both personally and professionally. Ultimately, I want to make a positive impact on those around me, give back and serve my country.



(Photo by Senior Airman Ethan Lamb)

What do you like about working at the 445th? What I enjoy most about serving with the 445th are the people, the leadership and the strong sense of community. From my time as a C-17 crew chief to my current role in APS, I have had the privilege of working alongside outstanding Airmen and leaders who genuinely care about one another. The camaraderie, friendships and sense of belonging are what I value most, and they continue to motivate me to serve.

Why did you join the Air Force? I joined the Air Force because I wanted to be part of something bigger than myself and give back to a country that has given me so many opportunities. I've always valued being around people who genuinely care about one another. For me, it's about the relationships I build and knowing that I made a positive difference in someone's life. At the end of the day, I want to look back and know that my service meant something and that I left a lasting impact on the people around me.

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tions kits valued over $100 million to restore critical support capability at three contingency sites and strengthen a U.S. Central Command agile combat employment posture to sustain command and control during major combat operations.

Trivett directed an 11-person team to transform mobility logistics operations at 332nd Detachment-1 to stand up a 180-pallet grid yard and 65 virtual cargo bays that cut cargo-processing times by 90% and secure 100% Department of War in-transit cargo visibility.

FGO of the Quarter

Maj. Raymond Hunsucker, 445th Aeromedical Staging Squadron emergency medicine physician, is the Field Grade Officer of the Quarter. Hunsucker served as the Area of Responsibility's sole critical care physician for around 5,000 personnel where he executed eight aeromedical missions across four AORs, treated five critically ill patients, and enabled zero-delay transfers, 100% survival and 24/7 readiness.

Additionally, he led critical care transport across four AORs and integrated 15 teams into deployed operations. He launched a biweekly forum where he applied lessons learned into improved patient care to advance expertise and readiness for over 50 members.

The major safeguarded over $1 million in lifesaving equipment and orchestrated critical care resources across multiple airframes. He sustained response time capabilities of under an hour and rapid aeromedical evacuation of critically ill patients.

Hunsucker directed two mass casualty exercises for special operations forces with 40 scenario casualties, delivered four lectures to 50 advanced medical providers, and led blood product training for nearly 100 members to bolster lifesaving capabilities and combat readiness.

News Briefs

Newcomers

1LT Guarocuya Batista Kunhardt, ASTS
TSGT Christian Habersham, FSS
SRA Sra Essilfie, LRS
SRA Kyle Gilday, AES
SRA Xander Nunes, AMXS
A1C David Asare Asiamah, ASTS
A1C Stormy Black, 87 APS
A1C Justin Gleek, MXS
A1C Annabelle Renfrow, MXS
A1C Kevin Wenning, AMXS

Promotions

Senior Master Sergeant
Justin Rogers, LRS

Master Sergeant
Kevin Sweeney, AMXS
Kade Vincent, SFS

Staff Sergeant
Tamya Gainey, AES
Elias Strubler, SFS

Senior Airman
Biran Adhikari, 87 APS
Mamady Dabo, 87 APS
Persy Kezaf, AMXS

Airman 1st Class
Jiel Abrasia, 87 APS
Abraham Choba, 87 APS

Angel Tree

Angel Tree nominations are currently being accepted through Nov. 7 and is open to everyone who has a financial need and works or drills for the 445th Airlift Wing and 655th Intelligence Surveillance and Reconnaissance Wing, to include civilians and contractors. Nominations can be made at https://tockify.com/445aw/detail/17/1794114000000 (no Airman or child's name will be seen by those adopting. Starting Nov. 8, angels will be available for adoption in the 445th Military and Family Readiness office during normal business hours. For more information, please see the email sent Oct. 3.

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.

November Developmental Series

The 445th Airlift Wing's November Developmental Series will take place Nov. 8. Everyone is invited to attend. The topic is "Everyday Decision Making and Risk Management." For information on time and location, please read the September UTA Happenings email.

December Developmental Series

The 445th Airlift Wing's December Developmental Series will take place Dec. 6. Everyone is invited to attend. The topic is "Airmen Continuous Feedback Loop: Giving and Getting Good Feedback." For information on time and location, please read the September UTA Happenings email.

Fall Hiking Trips

Outdoor Recreation will be hosting two Fall Hiking Trips in November. The trips are free to attend, family friendly with no sign-up required. The first is Nov. 7 from 12-2 p.m. at Germantown MetroPark for the 2-mile Purple Trail. The meeting place will be the visitor center parking lot. The second is Nov. 21 from 12-2 p.m. at the Hills and Dales MetroPark for the 1.46-mile Adirondack Trail. The meeting place will be the Old Barn parking lot. For more information, call 937-257-9889.

Base Turkey Trot

Gobble your way to the finish line with family and friends for the Fitness and Sports Turkey Trot Nov. 19 at 3 p.m. at the Wright Field Fitness Center. There will be door prizes, pie and refreshments. The event is open to anyone with base access and registration is not required. For more information, call 937-904-9381.

For more base events, visit wrightpattfss.com/events/.

Keep safe this fall season

By 445th Airlift Wing Public Affairs

Will the fall season in full swing, the Air Force Safety Center has the following tips for staying safe during the holidays and shortening daylight.

Cooking

Steps to follow before cooking a turkey:

- Read labels carefully. Temperature labels show if the bird is fresh or frozen. If you plan to serve a fresh turkey, purchase it no more than two days before Thanksgiving.
- Purchase two thermometers: a refrigerator thermometer to ensure the turkey is stored at 40 °F or slightly below and a food thermometer to make sure the cooked turkey reaches a safe 165 °F.
- The USDA recommends thawing a frozen turkey in the refrigerator 24 hours for each 4 to 5 pounds. Place the turkey in a container to prevent the juices from dripping on other foods.
- Steps to follow when cooking a turkey:
- Wash hands with warm water and soap for 20 seconds before touching any food to prevent the spread of many types of infection and illness.
- Do not wash the turkey. This only spreads pathogens onto kitchen surfaces. The only way to kill bacteria that causes foodborne illness is to fully cook the turkey.
- Keep raw turkey separated from all other foods at all times.
- Use separate cutting boards, plates, and utensils when handling raw turkey to avoid cross-contamination. Wash items that have touched raw meat with warm soap and water or place them in a dishwasher.
- Cook the turkey until it reaches 165 °F, as measured by a food thermometer. Check the turkey's temperature by inserting the thermometer in three places: the thickest part of the breast, the innermost part of the thigh, and the innermost part of the wing.



Driving

- Leave Early – Traffic gets brutal around 3 p.m. on the Wednesday before Thanksgiving. If you leave during the early hours of the morning, you will bypass a lot of congestion on the roads.
- Use a Traffic App – If you're traveling through a big city, check traffic conditions before leaving for your trip. You can plan your route accordingly to avoid the headache of bumper-to-bumper traffic.
- Charge Electronics – Make sure your phone is charged before you begin your journey. You never know when you're going to need it to find a gas station, or to help you navigate through unfamiliar cities along the way. It's a good idea to invest in a car charger just to be safe.
- Bring a Snack – You want to be sure you've packed enough snacks (and water) to get you through your road trip without having to make frequent stops.
- Check Your Vehicle – Not only do you want to fill your tank before leaving but also take your vehicle for a quick inspection. Make sure your fluids and tire pressure are on point to avoid breaking down in an unfamiliar town. Nothing will ruin your Thanksgiving plans like being stranded on the side

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AMXS boosts morale with Chili Cookoff, award recognitions





Top left: Pots of chili entered into the 445th Aircraft Maintenance Squadron's chili cookoff sit on the table ready to be consumed and judged at Wright-Patterson Air Force Base, Ohio, Oct. 14, 2026. In total, eight Airmen provided chili for the cookoff that was held to boost morale in the squadron.

Bottom left: An Airman with the 445th Aircraft Maintenance Squadron spoons a sample of chili for tasting during the squadron's chili cookoff at Wright-Patterson Air Force Base, Ohio, Oct. 14, 2026. This particular chili cooked by Senior Master Sgt. Brock Felgenhaur, 445th AMXS, won the cookoff. Second and third place went to Staff Sgt. Ethan Stone, 445th AMXS, and Tech. Sgt. Kasey Meadows, 445th Maintenance Squadron, respectively. (Photos by Tech. Sgt. Joel McCullough)

The 445th Aircraft Maintenance Squadron hosted a chili cookoff and promotion/award recoginition squadron stand-up to build morale for the unit members who have been on and extended home station mobilizaton.

Eight Airmen with the AMXS and 445th Maintenance Squadron entered chili into the cookoff where squadron members sampled and voted for their favorite one.

During the squadron stand-up, several Airmen were officially honored for their promotions this year. Addtionally, Airmen were recognized with awards for their contributions while mobilized the previous year.

From Sept. 12, 2025, through Dec. 25, 2025, the Airmen awarded medals generated over 350 sorties and over 1,400 flying hours from 27 different locations that ensured transport of over 800 passenters and over 8,000 tons of cargo.



Left to right: Master Sgt. Cole Anglemyer, Tech. Sgt. Caleb Wiseman, Tech. Sgt. Marshall Moody, Tech. Sgt. Andrew Hall, and Tech. Sgt. Jeremy Jamito (not pictured), 445th Aircraft Maintenance Squadron, receive Air Force Commendation Medals during a squadron stand-up, Oct. 2, 2026. Additionally during the stand-up, Senior Airman Marcus Simones, 445th AMXS, received the Air and Space Achievement Medal. (Graphic by Amanda Dick)

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of the road.

Fire

Thanksgiving is the peak day for home cooking fires

- Be sure to keep a fire extinguisher in the kitchen in case of emergency, and teach your family how to use it
- Be cautious when using turkey fryers as they pose a number of distinct safety concerns, including burn and fire hazards
- Never wear loose fitting clothing when cooking; long, open sleeves could ignite and catch fire from a gas flame or a hot burner; wear short, close fitting or tightly rolled sleeves when cooking
- Make sure you have smoke alarms on every level of your home; test alarms monthly and replace all that are 10+ years old
- Keep a close watch on your cooking and never leave food unattended
- Keep oven food packaging and other combustibles away from burners and other heat sources
- Have a "kid-free" zone of at least three feet around the stove and areas where hot foods and drinks are prepared or carried
- Keep a lid nearby to smother small grease fires



Additional resources can be found from the following organizations, National Fire Protection Association (NFPA), Consumer Product Safety Commission (CPSC), and National Safety Council (NSC)

Flying

- Pack Light – Most airlines charge extra for checked bags, so try to fit everything into carry-on luggage. Not to mention, you'll avoid baggage claim or the risk of your belongings getting lost or damaged.
- Arrive Early – During the holiday season, and particularly during Thanksgiving, flights are packed. If you miss your flight, your chances of getting another flight to your destination are unlikely. Wake up early and get to the airport with plenty of time to spare.
- Book Early – Last minute booking around Thanksgiving is not a great idea for many reasons. With most people trying to book for the same travel dates, flights get booked earlier than usual and costs begin to surge as the holidays approach. It's better to start looking for flights as early as possible.

Security

Follow these simple tips to help keep your home safe while you're out of town for the holidays:

- Remove fall-related objects that might allow access to your home. For example, ladders for cleaning leaves out of gutters can be used to enter a window or scale a fence
- Don't post Thanksgiving travel plans on social media letting people know that you will be out of town
- Turn your telephone ringer down so no one outside can hear repeated rings; and review your answering machine message to make sure it does not imply that you are away
- Make sure to have all mail, newspapers, and deliveries stopped or picked up by a neighbor, friend or relative
- Never leave a key hidden outside. Burglars know all the best hiding places
- Secure all windows, including those upstairs and reduce the chance of easy entry by cutting tree limbs away from second-story windows
- Have a friend move your car occasionally if it is parked in the driveway
- Use timers to operate lights

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