

THE Airstream

# THE Airstream



**910 MDS**  
aids



CC: **10,000+**  
AGE: **Dominicans**  
IMP: **during**  
**MEDRETE**  
**2009**

# FROM THE TOP

## Follow your boss's lead to success

**Col. Karl McGregor**  
910th Airlift Wing Commander

*Compiled from multiple sources by Col. Cynthia Wong. Edited by Col. Karl McGregor.*

Your working relationship with your boss is critical to the success of your career. However, many people make the mistake of putting all responsibility for clear lines of communication on their supervisor. It's in your best interest for the two of you to communicate effectively, and if your supervisor is not communicating, then it's up to you to ensure this happens. Don't assume your supervisor knows you're doing a good job or that they know about a particular situation. Make sure they know. How can you communicate more effectively with the person who exercises direct control over your career?

1. Watch how your supervisor communicates with you. Does the supervisor prefer to use email, phone or direct contact with subordinates? Follow your boss' example. If the boss prefers to email you about small issues, then follow suit. If important issues, such as disciplinary action are usually discussed in person, then do likewise.

2. Make sure that your timing is good. If you need to communicate something minor, then it is probably okay to do so when your supervisor has one foot out the door on the way to a meeting. If you need to have a performance feedback session or a policy discussion, make sure that it takes place at a time when your supervisor is not overly rushed. If your supervisor is one that works through appointments, then it's a good idea to request a time slot and give your topic when you make the appointment.

3. Be prepared. Whether it is in a large meeting or a simple one-on-one conversation, make sure that your communication is accurate, and if necessary, backed up by the appropriate documentation. You don't want to inadvertently give incorrect off-the-cuff information. If you are not sure if your information is accurate, it is best not to say anything or to say that you will get back to them at a specific time with the necessary information.

4. Consider your supervisor or commander's perspective. Your supervisor may have deadline pressures and a different set of priorities than

you. So when you are asking for something from your supervisor, understand that they are looking at the request from a mission perspective. They have to ensure that their shops are able to function and still provide their employees with leave, school, etc. It helps if you can put your request into a mission contribution context.

5. Be aware of your body language. Research suggests that a majority of communication is through non-verbal cues. Posture, gesture, and facial expressions directly impact the conversation. (*Non-verbal cues have 4.3 times the effect of verbal cues*) (Argyle, Michael, Veronica Salter, Hilary Nicholson, Marilyn Williams & Philip Burgess (1970): *The communication of inferior and superior attitudes by verbal and non-verbal signals. British journal of social and clinical psychology* 9: 222-231.)

6. Maintain control of the conversation. When communicating with your supervisor, it is not a good idea to show too much emotion, unless it is enthusiasm or conviction. If you hear your supervisor making statements that you find upsetting, listen, and keep calm. When there is a break in the conversation, quietly make your point. Be sure not to raise your voice or interrupt, as both of these actions give the impression that you are not in control of your emotions. Crying is not a good form of communication. It clearly indicates a lack of control. The workplace is about business and good business decisions, so no crying.

7. Focus on the positive. There are many negative aspects to any job. When communicating with your commander or supervisor, be sure to focus on the positive aspects. This is valid even if you are holding a meeting to address an issue that is potentially loaded with negativity. Accentuating the positive tends to put most people more at ease. Above all, never react to any statements in a hostile manner. While you are certainly entitled to hostile feelings, allowing hostility to come out during a conversation with your supervisor will never serve your best interests. Approach problems or conflicts in a solution-focused way—voice concerns constructively. Be willing to accept new challenges—consider change as opportunity.

8. Ask questions. Don't assume that your supervisor will think that you are unintelligent



**Col. Karl McGregor**

if you need clarification on an issue. You might need to repeat back instructions to your supervisor to ensure that you understand correctly what the expectations are. This is an excellent way to avoid awkward communications in the future.

9. E-Mail. First, e-mail is an official record, so if you're sending it to/from a government computer, treat it as such. Second, there are no secret e-mails; you can be sure that what you whisper in an e-mail will find its way to an unintended audience. Keep your e-mails professional and courteous, and remember that there are multiple sides to every story. Don't fall prey to the short, blunt, e-mail rant. E-mail has its very own nonverbal communication; people can read emotion and subtext even in the electronic medium. Well crafted e-mails are important considering they are a primary communication method for us and that often they are added to and pushed forward multiple times until they reach the command level. Multiple e-mails with grammatical errors make it to the multi-star level unintentionally. Also, there's no need to send e-mails to the entire base population. Pare down to those that need to know what's in your e-mail. No "All ARTs and Civilians" in the "To:" box just because it's easier. E-mail etiquette is very important and easily forgotten.

Remember, your attitude, intentions and communication capabilities are the cornerstone of an effective working relationship with your commander or supervisor.

## 910th SFS Citizen Airman receives Bronze Star medal

**Airman Megan Tomkins**  
910th Airlift Wing Public Affairs

Capt. Ryan Robin, the operations officer of the 910th Security Forces Squadron, served as flight commander to the 887th Expeditionary Security Forces Squadron and received the Bronze Star medal (BSM) for exceptionally meritorious service in a combat zone with exposure to risk of hostile action during Operation Iraqi Freedom.

Capt. Robin, who joined the Youngstown team in February, was recently deployed to Iraq from Dec. 26, 2007, to June 19, 2008. He served as battle captain for the 179th Infantry Battalion Tactical Operations Center and performed numerous duties while there. Among these duties, each day he dispatched and maneuvered 15 area security operation patrols, six internal security platforms, four law and order patrols and nine military working dog teams daily. Though, that is only scratching the surface of what he did.

"I was pretty surprised," said Capt. Robin about his reaction when he found out he was going to receive the medal.

Normally, the medal is awarded to majors and above, so the case of a captain receiving it is a rarity.

"It is extremely unusual for a captain to receive a BSM, and although he is very humble about it, I believe it deserves appropriate recognition," said Maj. Wes White, the 910th SFS Commander. Maj. White pinned on Capt. Robin's medal.

Capt. Robin proved to be humble by not taking full recognition for the success of the mission in Iraq.

"It's a team victory," said Capt. Robin. "There were a lot of young Airmen out there."

He said that all were expected to make decisions and everyone is a combat leader in that environment. Team unity is a key factor to the ongoing success in Iraq. Every person who deployed with the 887th came back because of that unity.

Capt. Robin was proud of all those he deployed with and said with a smile, "The team did a great job."



Photo by Senior Airman Clinton Kline

**Maj. Wes White, commander of the 910th Security Forces Squadron, presents Capt. Ryan Robin, 910th SFS operations officer with the Bronze Star medal in front of the SFS building during the May UTA here.**

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### On the cover...

This month's Airstream cover shows photos of the 910th Medical Squadron MEDRETE mission to aid more than 10,000 residents of towns in the Dominican Republic. Read the story and see more photos on Pages 6 - 8.

Photos by Tech. Sgt. Bob Barko Jr., Tech. Sgt. Dennis Kilker Jr. and Senior Airman Clinton Kline. Cover Layout and Design by Mr. Eric White.

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# 910th, local first responders team up for mock aircraft disaster response

**Tech. Sgt. Dennis J. Kilker Jr.**  
910th Airlift Wing Public Affairs

Imagine sitting on a jet airplane. After a long, cold winter, a local air carrier is still offering a real bargain for a round-trip ticket and time off from work has materialized. The plane is sitting on the tarmac, preparing for takeoff and all of a sudden there's a loud explosion. Smoke, fire and injured people are everywhere. Chaos reigns and nobody appears to know what happened.

The Youngstown-Warren Regional Airport, in conjunction with the Youngstown Air Reserve Station (YARS), hosted a mass casualty exercise where this exact scenario became a frightening reality.

The exercise simulated a terrorist infiltration where a lone revolutionary in a pickup truck broke through a perimeter gate, shot and killed a police officer and blew up an aircraft loaded with civilians.

The simulation was designed to test the capabilities of the reserve station and surrounding community resources between which there is an in place mutual aid agreement.

Involved in the exercise were the Air Force Reserve and local security forces, fire department and various other disaster preparedness personnel.

The motto of the Air Force's security forces is "defensor fortis" which, translated from Latin, means defenders of the force. The security forces stationed here lived up their motto—stopping and apprehending the perpetrators before they had a chance to do any damage to any Air Force or civilian assets.

The quick acting security forces caused Master Sgt. Tom Morrison, the fire department incident commander, to ad-lib with the scenario.

"Since the security forces stopped him before he got close enough to do any damage, I told the fire crews that the plane caught fire anyway and we had them go through their C-130 shutdown and egress procedures," said Master Sgt. Morrison.

The fire department managed to turn the scenario into a positive training experience. Some of the members of the fire crews had no previous experience participating in an exercise this magnitude.

Besides the fire department and security forces being offered an opportunity to work in conjunction with each other, a new command staff had the chance to collaborate in an actual working scenario. The point of the exercise was to test real world operating plans in a practice environment.

"It was an eye-opener," said Lt. Col. Bryan Miner, the civil engineering representative and Deputy Emergency Operations Center commander behind Col. Teresa Hams. "The newer people in the EOC got to get used to working together," said Lt. Col. Miner.

One unforeseen glitch in the scenario was a communications hiccup that occurred right after the exercise kicked off. This was not part of the scenario so the personnel involved were forced to improvise.

This is when the real ingenuity of the players came out. Personal cell phones were used in a pinch to communicate with partners. When the chips were down, the difference makers found a way to make a difference.

With all of the action during a day of fun and games, a command staff found a way to mitigate disaster, test a real world operations plan and mesh into an effective team ready to step in and keep a bad situation from becoming worse.



Photo by Tech. Sgt. Dennis J. Kilker Jr.

**Members of the 910th Fire Department and local first responders team up to treat "casualties" during the April Joint Emergency Response Exercise.**

## The Art of Moulage

**Airman Megan Tomkins**  
910th Airlift Wing Public Affairs

Moulage is makeup that simulates wounds and injuries military personnel could experience in combat situations. It helps train for base readiness in response to mass casualties and injuries.

Ensuring firefighters, paramedics and area hospital staff are prepared for actual mass disaster situations, moulage played a vital role in Youngstown Air Reserve Station's Joint Emergency Response Exercise during the April UTA.

Capt. Kathleen M. Betts, the clinical lab officer assigned to the 910th Medical Squadron, is the moulage coordinator for YARS. She began working with moulage in the Army when she was sent to Volk Field, Wis., for a moulage training class.

Cpt. Betts said one of the biggest reasons the medical squadron is efficient with moulage is because they have four to five kits in the squadron that are ready to go at a moment's notice.

"(Moulage) is necessary for realistic training," said Cpt. Betts.

Area Boy Scouts, Girl Scouts and public safety students from the Trumbull County Technical Center (TCTC) participated as mock disaster victims.

"The helpers did well. It was fun working with the kids," said Cpt. Betts.

Training with moulage is an annual requirement. According to Cpt. Betts, it's not as realistic as authentic injuries but remains helpful for training.

Josh Cox, a student from TCTC and the son of Chief Master Sgt. Lou Cox, chief of the emergency management flight here, was a volunteer in the readiness exercise.

Cox said he initially participated because his dad made him, but he enjoyed the exercise and thought it was educational. He found it helpful knowing the casualty side of the exercise in order to better understand the rescue part of it.

"It helps out with EMT training and the mock disaster is good for learning," said Cox.

Moulage is an excellent training tool that prepares emergency workers and caregivers for mass casualty and injury situations.

# Lt. Gen. Rubeor is new 22nd AF commander

By 2nd Lt. Joe Simms  
22nd Air Force Public Affairs

Twenty-second Air Force welcomed a new commander during a change-of-command ceremony April 3 at the 22<sup>nd</sup> Air Force Senior Leaders Conference at the Renaissance Waverly Hotel.

Maj. Gen. James T. Rubeor, former deputy to the chief of Air Force Reserve in the Pentagon, succeeded Maj. Gen. Martin M. Mazick as commander of 22<sup>nd</sup> Air Force. Lt. Gen. Charles E. Stenner Jr., commander of Air Force Reserve Command, presided over the ceremony.

“Thank you (General Mazick) for handing me over such a fabulous command,” said General Rubeor.

More than 450 people gathered at the ceremony. The spouses of Generals Rubeor and Mazick, along with other family members and friends, attended the ceremony.

“I appreciate the sacrifices that you and your families make in the service to your country,” said General Rubeor to the men and

women of 22<sup>nd</sup> Air Force.

He told them he is grateful for their hospitality and excited about being their commander.

“I am very happy with the direction of the 22<sup>nd</sup> Air Force and I have been nothing but impressed with the leadership here at the 22<sup>nd</sup>,” the general said. “Our job here is to make sure you have the assets to do your job and get the mission done and that’s what we’re going to do.”

As commander, General Rubeor will oversee 13 wings and one flight test group. Some of the units also perform specialized missions, such as Aerial Spray, the Modular Airborne Fire Fighting System and the Hurricane Hunters.

General Rubeor is a command pilot with more than 7,500 flying hours. Previous assignments include command of the 452<sup>nd</sup> Air Mobility Wing, at March Air Reserve Base, Calif., and the 349<sup>th</sup> AMW at Travis Air Force Base, Calif.

During the ceremony, General Mazick praised the men and women of 22<sup>nd</sup> Air Force.



Photo by 2nd Lt. Joe Simms

**Maj. Gen. James T. Rubeor**

“(General Rubeor), I congratulate you on taking over 22<sup>nd</sup> Air Force,” said General Mazick. “You are truly going to enjoy this. These are great people and they know how to accomplish the mission.” *Courtesy of Air Force Reserve Command News Service*

# Niles boy named 910th Pilot for a Day

Maj. Brent J. Davis  
910th Airlift Wing Public Affairs

Tyler Jordan was giddy but his twin brother Nicholas seemed a bit jealous when he found out late March that he was elected by Akron Children’s Hospital of the Mahoning Valley to be the next Pilot for the Day at Youngstown Air Reserve Station. Tyler was all smiles April 29 when he walked out of the command section wearing his official uniform, complete with his name embroidered on an aircrew patch to meet Col. Karl McGregor, commander of the 910<sup>th</sup> Airlift Wing.

A typical 8-year-old, Tyler, of Niles, Ohio, is a high yellow belt at Northeast Martial Arts studio in Austintown, a member of Cub Scout Pack 15 out of Warren and a second grade student at Jackson Elementary School.

Tyler, diagnosed with cerebral palsy at 18-months, is a patient in the Division of Orthopedics at Akron Children’s Hospital of the Mahoning Valley. He currently receives therapy twice a week at Forum Health Austintown Medical Park. Tyler was chosen as a recipient of the Airlift Wing’s “Pilot for a Day” program on the recommendation of the hospital’s program coordinator, Francine McBride.

“This program gives a day of enjoyment

and the opportunity for them (children) to get away from the hospital,” McBride said.

The program, now in its 10<sup>th</sup> year, reaches out to the community by providing a fun-filled day for children who live with a chronic or life-threatening disease or illness. Since its inception, the program, sponsored by the YARS Base-Community Council, has entertained four to five children each year.

McBride recommended Tyler after seeing him at karate class where her son and Tyler are classmates. Children are ultimately chosen for the program upon physician and nursing referral.

“We always tell him he doesn’t have a disability, he only has limitations,” said Tyler’s mother, Glenna Jordan.

But it was easy to see that limitation is not in Tyler’s vocabulary either as he excitedly received his honorary commission to second lieutenant just after taking the oath of office.

He also received a model of a C-130 cargo plane complete with the Youngstown tail flash markings, presented by the Base-Community Council. He also was presented with his own set of dog tags by his pilot escort, Capt. Brian Hodor, pilot assigned to the 757<sup>th</sup> Airlift Squadron. Tyler had his gold lieutenant’s bars pinned on by his mother and his father, Mike Jordan.



Photo by Maj. Brent Davis

**The latest participant in the Pilot for a Day program, (Hon.) 2nd Lt. Tyler Jordan stands with his new aircrew friends in front of the C-130 Hercules cargo transport aircraft named in his honor after taxiing the runway at YARS, April 29.**

Following his commission ceremony, Tyler visited the 910<sup>th</sup> aerial spray maintenance facility where he listened to a “bug talk” by Maj. Mark Breidenbaugh, Ph.D., one of the two assigned entomologists.

He received a tour of a real C-130 airplane before being given a speedy ride down the runway in the tactical cargo carrier. He also visited the base fire department and watched a demonstration at the small arms qualification range. *Direct contributions from Kathleen Evanoff of the Niles Times used with permission.*

# 910 MDS aids thousands of Dom

**Tech. Sgt. Bob Barko Jr.**  
910th Airlift Wing Public Affairs

For most Americans familiar with the Dominican Republic, the mention of the country's name conjures up images of sandy white beaches, crystal blue waters, lush rolling mountains and destinations such as the capital city of Santo Domingo or the tourist destination of Punta Cana.

However, there is another side to the island nation that many people are not familiar with and that is the countless villages and towns filled with corrugated tin shacks, small concrete open air hovels with a population of impoverished but seemingly content people living their lives day by day.

This lesser known part of the Dominican Republic was the destination of a group of more than 30 Citizen Airmen that arrived to the island from Youngstown Air Reserve Station April 26 on a mission scheduled to last until May 8.

Dominican Republic Medical Readiness Training Exercise (MEDRETE) 2009 brought the expertise of specialists assigned or attached to the 910th Medical Squadron to give much needed medical care to residents in and around two neighborhoods in the town of Azua and one neighborhood in the town of Padre Las Casas.

By definition, the MEDRETE concept develops and cultivates global relationships by providing culturally aware, linguistically competent regional healthcare experts in support of U.S. national strategy. On the ground, MEDRETE gives medical care to a population that quite possibly has not received any type of basic healthcare in their entire lives as well as provides invaluable training to the U.S. Air Force Reserve's Citizen Airmen in a real world setting. Maj. Michael Keller, assigned to the 910th Medical Squadron and an emergency room doctor at St. Elizabeth Medical Center in Youngstown, Ohio, said the training Reservists receive on a MEDRETE will carry over into their civilian jobs as well.

"What I learn on this mission, I then bring back to the community and I think that enhances my capabilities (to treat my patients)," said Maj. Keller.

Maj. Keller was a family care specialist during the mission among a team that also included an in-processing triage team, dental care and eye care specialists and a full pharmacy staff. The MEDRETE team set up operations on fenced-in school campuses in the towns where they were working. These pre-selected sites allowed the Dominican Army to provide crowd control for the caregivers and also let the team use the classrooms to set up individual areas for their sections of care.

The Airmen assigned to the 910th Medical Squadron were augmented by personnel from Pittsburgh's 911th Airlift Wing as well as a specialist from Travis Air Force Base, Calif. and a specialist from Hill Air Force Base, Utah.

Pre-mission briefings estimated the team would see more than 1,000 patients per day over the span of the 10-day mission. Estimates allowed for the first day and second day of the mission to have lesser numbers due to section set up and so on. The pre-mission brief stated the team could expect to treat 500 patients on day one and 800 patients on day two of their mission in the small Dominican town of Azua. Actually, the 910th MEDRETE team saw more than 600 patients on their first day and more than 900 patients on their second day in Azua. By day three of their time in the small Dominican town, the group saw more than 1200 patients in the course of an approximately nine hour long work day.

"It's impressive. They all really came together as a team. It was hard to tell who had been working with each other in Youngstown for years



Photo by Mr. Steve Pacer

**A team of more than 30 specialists assigned to the 910th Medical Squadron and three 910th Airlift Wing Public Affairs personnel climbed aboard a C-17 Globemaster jet-powered cargo transport aircraft at YARS, Sunday, April 26. The group of Citizen Airmen were bound for the Dominican Republic for a MEDRETE mission. The team returned on May 8 and provided family, dental and eye care to approximately 1,000 people per day during their 10-day mission.**



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Photo by Senior Airman Clinton Kline

**Col. Ronnie Roberts, 910th Medical Squadron and MEDRETE mission commander, instructs residents of the town of Azua on the procedure for registering to receive care from the medical team members.**

# inicians during MEDRETE 2009



Photo by Tech. Sgt. Dennis J. Kilker Jr.

**Col. Larry Woods, a flight surgeon assigned to the 910th Medical Squadron MEDRETE team, examines a Dominican child in the mission's Family Care section.**

**Capt. Nicholas Duvall, a dental officer assigned to the 910th Medical Squadron, extracts a tooth from a patient, a resident of the Dominican town of Azua, during MEDRETE 2009.**

Photos by Senior Airman Clinton Kline



**Col. Carolyn Katrinchak, a clinical officer assigned to the 910th Medical Squadron, works with Dominican Army troops, April 27, 2009 to unload medical supplies from a bus in the town of Azua during MEDRETE 2009.**



Photo by Tech. Sgt. Bob Barko Jr.

**Lt. Col. Christopher Rugaber and Staff Sgt. Bruce Boretsky, both assigned to the 910th Medical Squadron, work with residents of the Dominican town of Azua, in the Optometry section of Dominican Republic MEDRETE 2009.**

and who hadn't," said Col. Ronnie Roberts, 910<sup>th</sup> Medical Squadron commander and MEDRETE mission commander.

A humanitarian training mission dispensing much needed and incredibly rare health care conducted on a Caribbean island presented more challenges than figuring out how a team of about 30 specialists would go about caring for an estimated 10,000 people in the span of about a week and a half. The security and health of the providers was paramount. The mission would suffer drastically if team members fell ill or were harmed in any way. The language barrier between mostly English speaking care givers and mostly Spanish speaking patients was also an enormous challenge. With this in mind, planning for the mission began many months ahead of time and involved Department of Defense personnel assigned to the U.S. Embassy in Santo Domingo and personnel from the U.S. Southern Command. Everything from the purchase of cases of bottled water to an armed escort of more than 15 Dominican Army soldiers to securing as many translators as possible was considered and put into place. Maj. Patrick Lanaghan, 910<sup>th</sup> Medical Squadron Medical Science Officer was in charge of much of the mission pre-planning and the effort to try to consider every contingency seemed to be paying off. Although the climate in Azua is a far cry from that of Northeast Ohio, Maj. Lanaghan noted that after some adjustment, the team was good to go.

"Coming down from Youngstown, we weren't prepared for the heat and humidity but we are doing well. We are drinking lots of water and taking care of each other. We are making sure everyone is staying hydrated," said Maj. Lanaghan.

Col. Larry Woods, a MEDRETE family care specialist assigned to the 910<sup>th</sup> Medical Squadron, agreed with the science officer's assessment of the team and their preparation.

"We have been preparing for this for months and we're real happy to do something like this," said Col. Woods.

Although the team put in long, hard, exhausting days, working in temperatures around the 90-degree mark with 90 percent humidity, the satisfaction of treating patients ranging from a 26-day-old infant to a woman reported by townspeople to be 120 years old seemed to be a common thread among the MEDRETE team members.

"It just boils down to what this person needs and how can I help this person. It's a joy. It's really great," said Lt. Col. Christopher Rugaber, an eye care specialist and a veteran of several MEDRETE's assigned to the 910<sup>th</sup> Medical Squadron.

Col. Woods, a Citizen Airman who, as a civilian, works as a cardiovascular specialist and intensive care doctor at Trumbull Memorial Hospital, was equally impressed by the team and the Dominican residents seeking the rarely available medical care.

"They (the MEDRETE team) are working their hearts away to try and provide the (most) amount of care they can give in such a short amount of time and the Dominican people are just all grateful. You have to see it to believe it," said Col. Woods.

The 910<sup>th</sup> Medical Squadron MEDRETE team worked together to treat all types of ailments that included vitamin deficiencies, dermatitis, skin infections, heart and lung problems, parasite infestations, a variety of eye problems and tooth decay as well as oral infections due to the lack of preventative dental care.

Lt. Col. Rodney Waite, a dental care specialist, said his section was seeing 100 to 150 patients per day requiring care.

"We're seeing a lot of patients and each will require a (tooth) extraction or two, so, we have been pretty busy," said Lt. Col. Waite.

*(continued on page 8 - See MEDRETE 2009)*

# MEDRETE 2009 (continued)



**U.S. Air Force Reservist Tech. Sgt. Danielle Forkapa hands a prescription to a resident of the Azua in the Pharmacy section of Dominican Republic MEDRETE 2009. She was among a team of more than 30 Citizen Airmen that provided much needed medical care to more than 10,000 Dominican residents during the 10-day mission.**

Although very few of the MEDRETE specialists spoke Spanish, they were able to communicate with their patients through volunteer translators provided by the Dominican Army and the Azua Rotary. The MEDRETE team members that were bilingual such as Tech. Sgt. Maritza Ramirez, an aeromedical technician assigned to the 910<sup>th</sup> Medical Squadron, were an incredible asset contributing to the mission's success. (See Sidebar story to right.) Tech. Sgt. Ramirez assisted patients working through the in-processing section of the MEDRETE by speaking with them in their native language to aid in filling out triage slips in English that would help the team members to give them the care they needed. She also acted as the official interpreter during the opening ceremonies of the mission held by local dignitaries welcoming the MEDRETE mission to the town of Azua. The language skills of Tech. Sgt. Ramirez and the other Spanish-speaking team members were appreciated by the rest of the group. Tech. Sgt. Dennis J. Kilker Jr., a 910<sup>th</sup> Airlift Wing Public Affairs photojournalist providing support for the mission had the ability to see every section of the MEDRETE's work in detail.

"The bilingual personnel such as Sergeant Ramirez were indispensable and worth their weight in gold toward the overall success of the mission," said Tech. Sgt. Kilker.

By the end of this mission, there were countless moments of incredibly touching bedside manner to the smallest child or most elderly woman or examples of the expertise to pull a tooth with the bare minimum of tools needed to do the job and still keep the patient comfortable. The team members also demonstrated over and over the ability to test someone's vision and fit them with a pair of prescription glasses that would improve their quality of life by measures that cannot be calculated or the means to distribute toothbrushes, toothpaste, vitamins and prescription medications to help island residents fight off ailments for even a brief period of time. In short, the Citizen Airmen assigned or attached to the 910<sup>th</sup> Medical Squadron came together to form a Medical Readiness Exercise team on a mission that not only brought the finest medical care and unbridled compassion to thousands of residents of the Dominican Republic, but honed the skills of the team's medical specialists for future missions anywhere the Air Force Reserve might need them.

## Bilingual 910th Airman breaks Dominican language barrier

**Tech. Sgt. Dennis Kilker Jr.**  
910th Airlift Wing Public Affairs

The United States Air Force has committed itself to a concept known as the Expeditionary Air Force (EAF). Usually, this means the Air Force is on its way to somewhere besides the cozy confines of the home station. When traveling to a foreign country, one of the first questions asked is "what language do they speak?" If the answer is something other than English, the next question is "do we have anyone who speaks their language?"

The recent Medical Readiness Training Exercise (MEDRETE) in the Dominican Republic allowed medical personnel from the Youngstown Air Reserve Station to experience the EAF concept firsthand. The upside of this was the opportunity to go on a deployment where people appreciate the presence of caregivers. The potential downside was the fact that the host nation speaks a different language.

Fortunately, Tech. Sgt. Maritza Ramirez, a medical specialist assigned to the 910<sup>th</sup> Medical Squadron, speaks Spanish, the native language of the Dominican Republic. Tech. Sgt. Ramirez pulled double duty during the mission, also acting as interpreter for Col. Ronnie Roberts, 910<sup>th</sup> Medical Squadron and MEDRETE commander.

Early in the trip, when the scheduled interpreters had gone missing, she found herself being pulled in every direction to help other 910<sup>th</sup> caregivers communicate with a populace that had a lot to talk about with respect to their health and comfort level.

Tech. Sgt. Ramirez, 24, grew up in a bilingual household. With both of her parents of Puerto Rican descent, the Spanish language was bound to make an appearance in her parents' conversations.

"My mother would start a sentence in English, but it would end in Spanish," she said.

Currently living in Dayton, Ohio, Tech. Sgt. Ramirez has been attending Wright State University. She has recently completed her Bachelor of Science degree. Her course of study? Nursing.

While attending school, Tech. Sgt. Ramirez focused all of her energy on her studies. This left little time to brush up on her Spanish.

When asked how it felt to be asked to be the commander's interpreter, Ramirez summarized the feeling in one word.

"Intimidating!" said Ramirez, noting she had to not only give remarks during a ceremony but also contact her mother to have them translated into Spanish.

When going on deployments, servicemembers frequently find themselves wearing more than one hat. Tech. Sgt. Ramirez was no exception.

"When Maj. Lanaghan first asked me to go on the trip, I was (working) as a bio-environmental and public health specialist," said Tech. Sgt. Ramirez.

When Maj. Lanaghan learned that she spoke Spanish, Tech. Sgt. Ramirez was asked to put on yet another hat.

"They got a two-in-one with me," said Tech. Sgt. Ramirez, referring to her ability to translate Spanish in addition to her skills as a medical specialist.

The Air Force Reserve personnel involved in the MEDRETE had the opportunity to make a difference in the lives of many residents of the Dominican Republic. This would not have been possible without Citizen Airmen like Tech. Sgt. Maritza Ramirez.

# Airmen at Work • May - June 2009

The Citizen Airmen of the 910th Airlift Wing in action at Youngstown Air Reserve Station, in the Mahoning Valley community and around the world...



Photo by Maj. Brent Davis

U.S. Air Force Reservists, assigned to the 910th Airlift Wing, are welcomed back to Youngstown Air Reserve Station by Col. Karl McGregor, 910th Airlift Wing Commander, Lt. Col. Perry Sorg, acting 910th Operations Group Commander, Col. Jane Kitchen, 910th Maintenance Group Commander and Col. Teresa Hams, 910th Mission Support Group Commander. The Citizen Airmen returned to the base from a deployment to the Middle East in support of Operations Enduring and Iraqi Freedom, May 13, 2009.



Photo by Tech. Sgt. Bob Barko Jr.

Col. Karl McGregor, 910th Airlift Wing Commander (right), greets 1st Lt. Bryan Alfredo, a pilot assigned to the 773rd Airlift Squadron as the flier steps off of a C-130H "Hercules" cargo transport aircraft at Youngstown Air Reserve Station, May 20, 2009. Lt. Alfredo was among approximately 50 aircrew and aircraft maintenance personnel returning from a 120-day deployment to the Middle East in support of Operations Enduring and Iraqi Freedom.

U.S. Air Force and U.S. Air Force Reserve recruits and 910th Recruiting Service mascot Airman Andy participate in a mock swear-in on the field of All Pro Freight Stadium, home of the Lake Erie Crushers, in the Lorain County city of Avon, Ohio, June 2, 2009. The 910th RS had an informational table at the event and two C-130Hs performed a flyover as part of the festivities for the baseball team's sold-out inaugural season home opener.

May-June 2009



Photo by Tech. Sgt. Bob Barko Jr.

The Citizen Airmen of the 910th Airlift Wing were among the Servicemembers, area Veterans and community leaders attending the 58th Annual Armed Forces Day Luncheon, May 14, 2009 at Our Lady of Mount Carmel Social Hall in downtown Youngstown.



Photo by Tech. Sgt. Bob Barko Jr.

The 910th Base Honor Guard presents the colors during the national anthem at Quicken Loans Arena in downtown Cleveland prior to Game 2 between the Cleveland Cavaliers and the Orlando Magic in the NBA's Eastern Conference Finals, May 22, 2009. The national anthem was performed by saxophonist Michael Phillips. Team superstar LeBron James delivered a dramatic three-point shot in the last second of this game to give the Cavs a win in front of an energetic capacity crowd; however, the Magic would ultimately win the series and go on to face the Los Angeles Lakers in the championship finals.



Photo by Airman Megan Tomkins

## New Psy-Health Advocates

The position of Psychological Health Advocate has evolved from two important gaps in AFRC psychological health services. These gaps in service can be addressed with two tasks. First, the task of providing case management to AFRC airmen who have been identified as having mental health symptoms requiring an evaluation at an ADAF MTF Mental Health Clinic and resulting in a mental health diagnosis requiring treatment. In many cases these airmen will have been exposed to extreme psychological stressors through recent deployments to a theater of operations or to the Mortuary at Dover AFB, DE. The second tasking comes as a result of the DoD Mental Health Task Force Report (June 2007), which recommended a position who will advise leadership on psychological health matters, coordinate delivery of mental health services on base, oversee quality of care provided and provider training, monitor access to care, facilitate access to off-base services as needed, and address gaps in services. To address the intent of this DoD mandate, AFRC established the Psychological Health Advocate positions. These positions allow the responsibility for airmen at 39 AFRC wings to be addressed on a regional basis. Use of a regional format minimizes the demand on any single ADAF MTF and maximizes responsiveness to the mental health needs of airmen.

A Psychological Health Advocate (officer) and an assistant (technician) serve all AFRC units in their region. Psychological Health Advocates will:

1. Ensure that all AFRC airmen within their region with mental health symptoms are assessed at the ADAF Mental Health Clinic, a mental health record is established and maintained at the MTF, and if a mental health condition is diagnosed, the airman is assisted with obtaining optimal care, financing and a positive treatment outcome, a Line of Duty determination is accomplished; and at the end of treatment, the servicing Reserve Medical Unit receives a summary of care documenting fitness for duty.

2. Work with unit command to conduct needs assessments and apprise commanders of the status of psychological health in their unit population. Further assess the degree to which needs for prevention, early intervention and treatment are being met and develop corrective action plans for addressing deficiencies in psychological health identified through assessment efforts.

3. Ensure coordination of preventive psychological health support services including, but not limited to: Chaplains, Airmen and Family Readiness Centers, TriCare, Military One Source, Military Family Life Consultants, Integrated Delivery System teams, and SARCS.

4. Provide services, materials and command consulting tools that reinforce healthy, help-seeking behaviors and address barriers to using mental health services.

5. Work with AFRC Chief of Mental Health to develop metrics for measuring the effectiveness of services and addressing any identified gaps in services to AFRC airmen.

6. Develop and maintain expertise in population psychological health and command mental health consulting.

Region 1 – Wright-Patterson AFB OH

- Indiana (434 ARW Grissom ARB IN – 4<sup>th</sup> AF)
- Ohio (445 AW Wright-Patterson AFB OH – 4<sup>th</sup> AF; 910 AW Youngstown MAP ARS OH – 22<sup>nd</sup> AF)
- Pennsylvania (911 AW Pittsburgh IAP ARS PA – 22<sup>nd</sup> AF)
- New York (914 AW Niagara Falls IAP ARS NY – 22<sup>nd</sup> AF)
- Host Wings: Grissom ARB, IN, Youngstown Warren ARS OH,

Pittsburg IAP ARS PA, Niagara Falls ARS, NY and Wright-Patterson AFB OH Military Treatment Facility.

Col. Karen Nagafuchi, AFRC Region 1 Psychological Health Advocate said this effort, currently funded by the Yellow Ribbon Reintegration Program, will aid in the addressing the needs of Airmen before problems arise.

“This program will intergrate psychological health care into the entire deployment process and make us successful in caring for our Airmen,” Col. Nagafuchi said.

For more information about this program, please contact Col. Karen Nagafuchi at DSN: 787-9900, cell: 937-902-985 or via e-mail at karen.nagafuchi@wpafb.af.mil.

## YARS Yellow Ribbon noted in AFRC CC's Congress speech

Lt. Col. Ann Peru Knabe

Office of Air Force Reserve Strategic Communications

WASHINGTON (AFNS) — Two units received a “positive plug” in the congressional record when the commander of Air Force Reserve Command testified March 25 before the Senate Appropriations Subcommittee on Defense.

Lt. Gen. Charles E. Stenner Jr. touted the strong Yellow Ribbon Program partnership initiatives between Airmen in the 910th Airlift Wing at Youngstown Air Reserve Station, Ohio, and the 911th AW at Pittsburgh International Airport ARS, Pa.

These C-130 Hercules units share resources and subject matter experts for Yellow Ribbon events because they are only 75 miles apart.

Officials in the 910th AW also are developing a Yellow Ribbon committee that pulls from different branches of service in Ohio. Together the different services will work with a joint goal of helping servicemembers and families during the entire deployment cycle.

In addition to talking about the program that supports reservists and their families, the chief of Air Force Reserve fielded questions about employer support, unit deployments and the unique contributions the command brings to the fight.

The general told the subcommittee that the Air Force Reserve trains to respond to crisis.

“Our combat search-and-rescue helicopters have been very involved in almost every one of these kinds of disasters,” he said, referring to the command’s support after Hurricane Katrina. “We know our spray mission at Youngstown is going to be called upon almost immediately afterwards to start making sure that we don’t have infestations that we’ve had with the bugs and disease.

“We also know that our lift capacity is going to be just as essential as anything else that’s in there as the supplies continue to get to where they need to be,” General Stenner said.

General Stenner told the committee that the Air Force Reserve represents 14 percent of the total Air Force personnel for just a little more than 5 percent of the military personnel budget. He said the Air Force Reserve “is a very cost-effective way to deliver that capability that the combatant commanders need.”

“We are first and foremost a strategic reserve, which we are leveraging on a daily basis to provide that operational capability and to be that operational force that we are around the world today,” he said. “And we will continue to do that, and retain and recruit the best and the brightest.”

The general presented the Air Force Reserve as a dynamic force that is everywhere it needs to be, moving people and growing in new locations while adding new capabilities.

“Whether it’s deployed or whether it’s in place at the home station, the capability we provide from home station is sometimes a bit unnoticed as well because we do fight in place with our mobility forces and our space forces and our cyber forces, our ICBM forces ... all which we play a part in as a three component Air Force.”

When asked about retention beyond 20-years of service, he told the subcommittee that Airmen want to stay. He said predictability of deployments was an important factor in reservists’ careers, and a six-month notice gives them more time to prepare.

General Stenner praised Air Force Reserve Command’s Airmen during both sessions.

“We are very, very proud of the 67,400 men and women who are around the world today doing what the nation needs us to do,” he said.

*Courtesy of Air Force Reserve Command News Service.*

*Editor’s Note: This story was featured in the Top five Air Force news stories for April 1, 2009. Gen. Stenner visited YARS and observed the Yellow Ribbon Reintegration Program in action as well as received briefings about the 910th’s mission including airlift/airdrop and Aerial Spray during the March UTA.*

# NEWCOMERS

**Please welcome the following new members of the 910th Airlift Wing family:**

Lt. Col. Richard Hartman, 910th Medical Squadron  
Lt. Col. Linda Royer, 910th Operations Support Squadron  
Capt. Curtis Chase, 910th Medical Squadron  
Capt. Matthew Langenberg, 910th Medical Squadron  
Capt. Ryan Robin, 910th Security Forces Squadron  
Master Sgt. Adam Black, 910th Logistics Readiness Squadron  
Master Sgt. Ricardo Gonzales, 910th Airlift Wing  
Master Sgt. Brian Phillips, 910th Civil Engineer Squadron  
Master Sgt. Chad Staffan, 910th Medical Squadron  
Staff Sgt. Phillip Beasley, 910th Operations Support Squadron  
Staff Sgt. Owen Brownfield, 910th Civil Engineer Squadron  
Staff Sgt. Mignon Couto, 910th Maintenance Operations Flight  
Staff Sgt. Samuel Holbrook, 910th Medical Squadron  
Staff Sgt. Charles Sawtelle, 910th Logistics Readiness Squadron  
Staff Sgt. Brian Taylor, 76th Aerial Port Squadron  
Staff Sgt. Charles Wood, 910th Aircraft Maintenance Squadron  
Senior Airman Gregory Bowser, 76th Aerial Port Squadron  
Senior Airman Jason Corradi, 910th Logistics Readiness Squadron  
Senior Airman Jason High, 910th Maintenance Squadron  
Senior Airman John Hill, 910th Security Forces Squadron  
Senior Airman Andrew Rice, 910th Maintenance Operations Flight  
Senior Airman Robert Sense, 910th Aircraft Maintenance Squadron  
Senior Airman Valerie Smock, 910th Airlift Wing  
Airman 1st Class Katherine Roberson, 910th Operations Support Sq.  
Airman 1st Class Andrew Senica, 910th Maintenance Squadron  
Airman Devin Hughes, 910th Communications Flight  
Airman Basic Ematrice Gillis, 910th Logistics Readiness Squadron  
Airman Basic James Poe, 910th Logistics Readiness Squadron

# PROMOTIONS



Kathleen M. Betts, 910th Medical Squadron  
Brent J. Davis, 910th Airlift Wing  
Timothy S. McCarty, 910th Medical Squadron  
Michele Mollise, 773rd Airlift Squadron  
Phillip R. Townsend, 757th Airlift Squadron



Richard Gless, 910th Civil Engineer Squadron



James A. Jesionowski, 910th Medical Squadron  
William B. Jones, 910th Logistics Readiness Sq.  
Jonathan S. Merckens, 757th Airlift Squadron  
Jason N. Newman, 910th Medical Squadron  
Kenneth R. Pauley, 910th Maintenance Squadron  
Everette W. Radcliffe II, 910th Security Forces Sq.  
Ronald A. Snell, 910th Maintenance Group



Jeremy M. Barker, 910th Maintenance Squadron  
Wendell Boyer, 910th Logistics Readiness Squadron  
Brian E. Cales, 910th Security Forces Squadron  
Chad R. Huber, 910th Medical Squadron  
Shawn N. Indorf, 773rd Airlift Squadron  
Terri J. Morrison, 910th Force Support Squadron  
Kyrsten L. Rilling, 910th Force Support Squadron  
Selinda C. Sandoval, 76th Aerial Port Squadron  
Nick A. Truman, 773rd Airlift Squadron  
Cathleen E. Young, 910th Services Squadron



Amber R. Hurton, 910th Logistics Readiness Sq.  
Frederick M. Jackson, 910th Medical Squadron  
Mark J. Matzye, 910th Logistics Readiness Squadron  
Anthony Palestro, 910th Civil Engineer Squadron  
Sara M. Tabora, 910th Maintenance Squadron  
Ashley L. White, 910th Operations Support Sq.  
Denise Williams, 910th Medical Squadron

**The 910 AW's  
WINGER**



Illustration by Tech. Sgt. Bob Barko Jr.

**Hey,  
everyone...  
Join me as  
as I get  
"Fit-to-Fight"  
this summer!**

# YARS Citizen Airmen recognize May as Fitness Month



Tech. Sgt. Larry Mulder, and Staff Sgt. Ben Derr, both assigned to the 910th Communications Flight, duke it out in Bouncy Boxing, one of many events featured as part of the YARS Fitness Fair, which was held on Saturday, May 2 during the UTA. The event also featured Sumo Wrestling, massages, blood pressure screenings, running shoe fittings, spinning as well as yoga sessions and an open house featuring the items available, including Bouncy Boxing, for rent to Reservists and their families from the Outdoor Recreation section of the Fitness Center. The Fitness Fair was designed to focus on continuing to improve the fitness and overall well-being of the members of the Youngstown Air Reserve Station base community. Events highlighting the fitness of 910th Reservists will continue with a Wing Fun Run scheduled to take place during the base's Family Day, Sunday, September 13, 2009.

Maj. Stephanie Welhouse, 910th Force Support Squadron Commander (center) stands with the winners of the 2009 Iron Man competition as they show off their trophy. The team is made up of Airmen from the 910th Security Forces Squadron. They competed against five teams in events including push ups, run, crunches and the low crawl. The Iron Man competition was held during the May UTA as the Citizen Airmen of the 910th recognized Fitness Month. In addition to the competition, a Fitness Fair was held at the base Fitness Center. The event featured a variety of activities and booths focused on continuing to improve the fitness and overall well-being of the members of the Youngstown Air Reserve Station community.



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