





# How to define inspirational leadership

I'm a huge fan of Gen. David Goldfein's bold vision to achieve joint warfighting excellence in an era of strategic competition.

In the Air Force's Chief of Staff's seminal podcast titled "War on the Rocks," he underscored the importance of the fundamental fighting formation of the Air Force: the squadron.

The pursuit of revitalizing squadrons has many elements. Goldfein said our investment in building inspirational leaders is one of his top priorities because it holds the most potential for lasting impact. He also said inspirational squadron commanders and leaders set the culture within squadrons and that culture



**Commentary by Lt. Col. Paul Pawluk**  
22ND AIRLIFT SQUADRON

impacts everything we do from retention to readiness to innovation.

"A career in the Air Force is as rich as we can make it and it's a rich and rewarding experience because, first, you're part of a squadron that has the culture that embraces you, (makes) you feel like you're doing something of value (and) that it's important work that makes a difference,"

said Goldfein.

At first glance, that sounds simple enough. The human element of squadron revitalization requires a strong squadron culture and building that team culture requires inspirational leadership. But simple in the military is rarely easy. In the fog and friction of war, what's

## Commander's Commentary

often overlooked or taken for granted is the role of inspiring leaders building and fostering their squadron's culture. During one of our 22nd Airlift Squadron strategy sessions, one of my senior noncommissioned officers asked a great question, "How do you define inspirational leadership and keep it from becoming an overused buzzword that dilutes its meaning?"

That one question really got me thinking: What does inspirational leadership look like? If it's simple and known to all of us, why are all of us not always inspirational leaders?

Inspirational leadership is something that can be difficult to put your finger on; we know it

when we see it and want to follow it.

To inspire is to stir or rouse the heart, mind or spirit from within. Motivation is an external factor. Ideas and people inspire – results and outcomes motivate. A leader's courage may inspire you to action but the fear of failing your fitness test may motivate you to run.

After brainstorming numerous attributes of inspirational leadership, I narrowed the list down to what I considered the most essential in the context of the squadron. Here's my top 10 list of inspirational leader traits:

1. Craft a compelling vision of the future and clearly communicate it.

2. Impart personal meaning in connecting to the team's mission and drive developing the team both individually and as

a whole.

3. Create a safe environment with a sense of belonging and ownership.

4. Put the team first and back them up.

5. Admit mistakes, show vulnerability and foster a growth mindset.

6. Build trust.

7. Make bold decisions, take risks and keep cool under pressure.

8. Pursue relentless authenticity, feedback and transparency.

9. Lead with empathy, empower the team and make it fun.

10. Live the values of the team.

This list of inspiring traits is context-dependent and admittedly not all-inclusive, but it may offer a point of departure

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**Commentary by Airman 1st Class Sean Traster**

50TH SECURITY FORCES SQUADRON

# Loved ones inspire Airman to join service

SCHRIEVER AIR FORCE BASE, Colo. — The Airman Battle Uniform, otherwise known as ABUs, is the uniform I and many other Airmen put on every day when we report to duty.

To the outside world, it is nothing more than another camouflage uniform worn by a branch of the United States military.

However, to anyone who has ever or still puts it on today knows

## Enlisted Commentary

it's more than just a uniform. It's a symbol, a symbol I am honored to wear every day.

While in basic training and technical training, I had three reasons every morning as I put this uniform on that made all the struggle, all the blood, sweat and tears I shed with my fellow wingmen worth it.

The first reason is my wife, Lauren. When I met her two years ago in the middle of my college career, I wanted to be a Sailor. I wanted to defend this great country by sea. After much discussion, she being what many in the Air Force call an "Air Force brat," convinced me to join the greatest Air Force in the world.

Next to my mother, my wife is the strongest woman I know, and

she deserves the absolute best. So when I was getting screamed at in basic, or crawling through the mud in the pouring rain out at Camp Bullis, Texas, I kept telling myself I will not give up because I cannot let Lauren down.

The second reason is for my older brother, Ethan. I have always wanted to be just like him. Everything Ethan did, I had to do. From

See TRASTER Page 18

# Travis pilot reinforces Pacific partnerships

**Senior Airman Kelsey Tucker**  
51ST FIGHTER WING PUBLIC AFFAIRS

OSAN AIR BASE, Republic of Korea — When the U.S. military is a guest in another country, it's important to go above and beyond to be the best neighbor one can be.

U.S. Air Force Capt. Jason Lim, a KC-10 Extender pilot assigned to the 6th Air Refueling Squadron out of Travis Air Force Base, California, dedicated a year toward this goal: Striving to strengthen the partnership between the Republic of Korea and U.S. Air Forces.

"The opportunity kind of just fell in my lap, and I took it," said Lim, a 32-year-old Korean-American native of Los Angeles, California. "I really love Korea: the food, the culture, the friends, the family here. This was actually one of my dreams, to come back to Korea after I first joined the Air Force."

By the time Lim graduated from Embry-Riddle Aeronautical University of Florida in 2007, he'd earned his flight instructor license and planned to teach students to fly for general aviation purposes.

The problem? In 2008 the U.S. went into recession, which meant that jobs – and potential student pilots – were few and far between.

Thus began his career in the ROK as a flight instructor at Hanseo University. Initially, he only planned to stay for a year, but he enjoyed it so much that one year became two, three, and then four years.

Somewhere around the two or three-year mark, however, Lim ran into a personal dilemma. If he wanted to continue along this career path and apply to become a pilot for one of the major airlines in the ROK, was he ready to permanently move on from his life in the U.S. and



Courtesy photo/Capt. Jason Lim

**U.S. Airmen and Republic of Korea airmen conduct pre-flight preparations in July 2018 on the C-130J during combined airlift training between the U.S. Air Force's 36th Tactical Airlift Squadron from Yokota Air Base, Japan, and the Republic of Korea Air Force 251st Airlift Squadron at Gimhae Air Base, Republic of Korea.**

live as an expatriate?

Perhaps not.

"I wanted to serve in the U.S. military before I made a major life decision as far as a career path," said Lim.

This desire led him to reach out to an Air Force recruiter in California, who helped him begin the process of

applying for Officer Training School. Two years later he was accepted, and after training Lim reported to Travis AFB in 2014 as a KC-10 pilot.

Fast forward to late 2017, and a fellow Airman from his home station who was serving in the ROK on a manning assistance assignment reached out to Lim to

tell him of an opportunity: a chance to return to Korea.

"During Key Resolve 2018 we highlighted some key areas requiring a different approach to building partnership capacities with our host nation," said

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# Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

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The Tailwind is published by the Daily Republic, Fairfield, California, a private firm in no way connected with the U.S. Air Force.

While most of the editorial content of the Tailwind is prepared by the 60th Air Mobility Wing Public Affairs office for its Web-based product, the content for the Tailwind is edited and prepared for print by the Daily Republic staff.

Content of the Tailwind is not necessarily the official view of, nor is it endorsed by the U.S. Government, the Department of Defense or the Department of the Air Force.

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Correspondence can be sent to the 60th Air Mobility Wing Public Affairs staff, Tailwind, 400 Brennan Circle, Bldg. 51, Travis AFB, CA 94535-2150 or emailed to 60amwpa@us.af.mil.

Deadline for copy is 4:30 p.m. Friday for the following Friday's issue. Swap ads must be brought to Bldg. 51 by noon Monday for possible print in that Friday's issue. Emailed or faxed Swap Ads are not accepted.

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### On the cover

**Chief Master Sgt. Jason France, U.S. Transportation Command Senior Enlisted Leader, France meets with members of the 60th Security Forces Squadron during a visit Feb. 7 to Travis Air Force Base, Calif.**

U.S. Air Force photo/Tech. Sgt. James Hodgman

# WARRIOR OF THE WEEK

**Name:**  
Senior Airman Jacob Cottle.

**Unit:**  
60th Aircraft Maintenance Squadron.

**Duty title:**  
C-5 journeyman.

**Hometown:**  
Colony, Texas.

**Time in service:**  
Three years.

**Family:**  
Spouse, Gabriell Cottle.

**What are your greatest achievements?**  
Becoming independent at the age of 16 and winning regionals for wrestling.

**What are your goals?**  
Finish Community College of the Air Force in aerospace maintenance and complete airframe and powerplant license.

**What are your hobbies?**  
Fitness, outdoor sports, reading.



# Pregnant volunteers sought for research study

**Merrie Schilter-Lowe**  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

The labor and delivery unit at David Grant USAF Medical Center at Travis Air Force Base is seeking healthy pregnant women with low risk of complications during delivery to take part in a research study to evaluate the impact of eating while in labor.

The study, which began in October 2017, is the first to consider a military population and will help military hospitals provide pregnant women the best care possible, said Lt. Col. Dawn-Kimberly Hopkins, 60th Medical Group chief of clinical research.

“There are some studies that allow women to have protein drinks and carbohydrate drinks but no solid foods,” said Hopkins. “We want to investigate the effect of a solid-food option since women expend a lot of energy during labor.”

While women have long expressed the desire to eat and drink while in labor, current guidelines from the American College of Obstetricians and Gynecologists, as well as the American Society of Anesthesiologists, restrict oral intake to clear liquids.

Women who give birth in birthing centers or at home have the option of eating solid foods, but those who deliver in military hospitals and in many U.S. hospitals are restricted to clear liquids.

“We know some women eat excessively before they come in, which can lead to increased nausea or vomiting during labor,” said Hopkins.

Also, over eating can over extend the stomach, putting a woman at risk of choking if doctors need to perform a cesarean delivery, she said.

To participate in the study, volunteers must be TRICARE beneficiaries ages 18 and older who plan to deliver at DGMC. Also, they must be at 37 weeks gestation or greater with only one baby developing in the uterus.

Women in the high-risk category will not be accepted. This includes those with a pre-pregnant body mass index over



Joani Claxton, 60 Medical Group, registered nurse, and Amy Payne, a contract certified nurse midwife, show off “peanut balls” in the David Grant USAF Medical Center labor and delivery unit Feb. 11, 2018, at Travis Air Force Base, California. The balls are offered to pregnant women as part of a study to determine if they can reduce labor time and the need for a cesarean section. The Maternal Child Flight at DGMC is scheduled to host an open house in the labor and delivery unit from 9 a.m. to 1 p.m. Feb. 23. Visitors will be able to tour the private and home-like suites, meet staff members, as well as certified nurse midwives. During the event, staff members will be available to discuss birthing options. Everyone is invited to attend, including families and visitors will be eligible for prizes and souvenirs.

40, diabetes, hypertension, allergies to foods offered in the study, women who previously had a C-section or a past history or current diagnosis of hyperemesis gravidarum – severe nausea and vomiting that causes weight loss and dehydration – or a difficult airway as determined by the anesthesiologist.

“We currently have 82 participants enrolled and our

target is 200 for the study,” said Toni McNeary-Garvin, 60th MDG clinical research nurse.

Volunteers will be randomly assigned to one of two groups. At mealtime, those in active labor – meaning they have a cervical dilation of 6 centimeters or more – will receive either clear liquids such as broth, jello and juice or a low-fat, low-residue diet which includes a meat, starch, vegetable and beverage,

according to Toni McNeary-Garvin.

Once the study is completed, the results will be disseminated to other Air Force medical treatment facilities and at a tri-service nursing scientific meeting, which focuses on evidence-based practices and research relative to military health care.

“We would like to have our results duplicated by other military facilities to validate our

findings,” said Hopkins. “Once there are two to three sets of studies with consistent findings, we can then look into the feasibility of changing some clinical practices.”

For more information or to volunteer for the study, call McNeary-Garvin at 707-423-7733. Volunteers can also get more details at the labor and delivery open house Feb. 23 from 9 a.m. to 1 p.m.

# Travis promotes Stroke Prevention Awareness

**Greg Chadwick**  
AIR FORCE HEALTH AND WELLNESS TEAM

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Stroke is the leading cause of serious, long-term adult disability in the United States. The effects of a stroke range from mild to severe and can include paralysis, problems with thinking, difficulty with speaking, and emotional problems.

According to the National Institutes of Health, each year, nearly 800,000 Americans experience a new or recurrent stroke. Approximately 610,000 of these are first attacks, and 185,000 are recurrent attacks. Stroke is the fifth-leading cause of death in the US, killing nearly 133,000 people a year and accounting for one of every 19 deaths. Nearly three-quarters of all strokes occur in people over the age of 65 and the risk of having stroke more than doubles each decade after the age of 55.

Americans have shown that stroke is preventable and treatable. In recent years, a better understanding of the causes of stroke has helped Americans make lifestyle changes that have cut the stroke death rate nearly in half.

To protect yourself and your

loved ones from the serious effects of stroke:

- Learn your risk factors.
- Reduce your risk factors.
- Learn the warning signs of stroke.
- Know what to do if you notice the warning signs.

This question-and-answer guide from NIH explains stroke, stroke causes and symptoms and how to reduce your risk of a stroke.

**What is a stroke?**

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. Brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function.

**What causes a stroke?**

A blockage of a blood vessel in the brain or neck, called an ischemic stroke, is the most frequent cause of stroke and is responsible for about 80 percent of strokes.

When a weakened blood vessel ruptures and spills into brain tissue, it's called hemorrhagic stroke. The most common cause for the rupture is uncontrolled hypertension (high blood pressure).



U.S. Air Force graphic

**What is a TIA?**

A transient ischemic attack is considered a “warning stroke.” A TIA is a type of stroke where the stroke symptoms last only a few minutes and generally stop. A TIA is a serious medical event that needs prompt medical attention.

**What are the symptoms of a stroke?**

- Sudden numbness or weakness of the face, arm or leg (especially on one side of

the body).

- Sudden confusion, trouble speaking or understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

**What should you do if a stroke occurs?**

If you believe you are having a stroke, or someone you know

is having a stroke call, 911 immediately. Making the decision to call for medical help can make the difference in avoiding a lifelong disability.

**How can I reduce my risk of stroke?**

Some risk factors for stroke you can't control include increasing age, gender, family history and race. The best treatment for stroke is prevention. You can reduce your risk of having a stroke by taking action to improve your health. The following risk factors can be managed with lifestyle changes, such as diet and exercise, and medications, if needed:

- High blood pressure (Hypertension) – High blood pressure is the leading cause of stroke and the most significant controllable risk factor. If you have been diagnosed with high blood pressure, work with your healthcare provider to reduce it.
- Smoking – Cigarette

**See PREVENTION Page 18**

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# 8th MDOS polishes readiness with 3D tech

**Staff Sgt. Joshua Edwards**  
8TH FIGHTER WING PUBLIC AFFAIRS

KUNSAN AIR BASE, Republic of Korea — For some, going to the dentist can be straight out of a horror movie, with a doctor poking and scraping at their teeth using loud drills and blinding lights.

However, the 8th Medical Operations Squadron Dental Flight ensures all Kunsan service members have the brightest smile and best teeth with efficiency, comfort, and new technology to facilitate a quick return to duty after procedures.

“You only have one set of

teeth, after your baby teeth, so you want to maintain them to the best of your ability,” said Staff Sgt. Sheena Corey, 8th MDOS Dental Flight records and reception noncommissioned officer in charge.

To help maintain teeth, the dental clinic offers a variety of services including cleanings,

fillings and extractions. This care ensures individuals are fit to contribute to the mission.

“We are always prepared to take patients and make sure they are dentally ready to fight,” Corey said. “We do what it takes to get them up to where they need to be and ready to deploy at a moment’s notice.”

Individuals who don’t end up taking care of their teeth could face complications leading to shortfalls in the mission.

“You could get an infection or some pain that will manifest over the course of your deployment and that would cause you to miss out... and to be evacuated to receive that care,” said Maj. Samuel Durham, 8th Medical Group Dental Flight commander. “Us being here keeps individuals ready and

maintains that ability to return people to their mission quickly.”

The dental flight is able to support a high readiness status with the help of a new technology: the Chairside Economical Restoration of Esthetic Ceramics (CEREC) machine, capable of producing custom-made crowns and caps.

The CEREC machine photographs an individual’s mouth and produces a 3-D model of the area, which replaces traditional stone castings. This 3D image allows dentists to create a personalized crown or cap, which the computer will feed to a milling unit capable of cutting the piece needed. Once cut, the crown or cap will be placed in a heating unit where it hardens into the finished product.

# EOD Airmen detect, disarm, protect downrange

**Senior Airman Rito Smith**  
455TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

KANDAHAR AIRFIELD, Afghanistan — The Joint Defense Operations Center calls about a confirmed or suspected explosive ordnance disposal incident. Three Airmen rush out the door, set up their truck and immediately depart for the incident site. They head out with a security element to safely transport them to the location. For them it is now an information game and race against time.

“It is a constant cat and mouse game where everyone is constantly evolving,” said Staff Sgt. Drew Tesser, a 753rd Ordnance Company EOD technician at Kandahar Airfield. “We need every bit of information we can get from long range reconnaissance before we make a hard decision to disarm or detonate the suspected improvised explosive device.”

The team utilizes different types of

equipment from remote controlled robots to small unmanned aerial systems to provide reconnaissance on a potential hazard site.

“My biggest job is to try and keep the guys in the truck and not have them get out and go to the hazard site,” said Staff Sgt. Joshua Holbrook, the equipment manager assigned to the 753rd Ordnance Company. “We can use our robot to scout out the area for potential wires or pressure plates, as well as using our unmanned aerial system to get a bird’s eye view of the area before making the decision to go down to the site.”

These technicians’ jobs consist of protecting the service members at Kandahar by doing route clearance patrols and flightline support. They are also responsible for supporting the Train Advise Assist Command – South mission by traveling with an advisory package to ensure the locals are trained properly to protect their country from potential



U.S. Air Force photo/Senior Airman Rito Smith

**Staff Sgt. Joshua Holbrook, a 753rd Ordnance Company explosive ordnance disposal technician, displays the capability to use robots for reconnaissance Feb. 3.**



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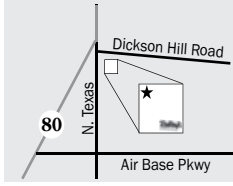
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# Assessment tests resolve

**Airman 1st Class Eugene Oliver**  
23RD WING PUBLIC AFFAIRS

MOODY AIR FORCE BASE, Ga. — Cadre from the 820th Base Defense Group evaluated approximately 37 Airmen during an Army Air Assault Assessment.

The assessment measured each Airmen's readiness to determine who would be selected to attend the 10-day Army Air Assault School, at Fort Campbell, Kentucky. The BDG is one of the few units within the Air Force that sends their Airmen to AAS to enhance their personal readiness and also reinforce their unit's lethal capabilities.

"Everything we learn at AAS is a part of our mission scope within the BDG," said Staff Sgt. Nicholas Groomes, 822nd Base Defense Squadron training instructor and cadre team member. "It's rare to find an Army school curriculum (that) falls under our umbrella, so the more experience we can get for our Airmen



U.S. Air Force photo/Airman 1st Class Eugene Oliver

**Senior Airman Troy King, 823rd Base Defense Squadron fireteam member, low crawls through an obstacle during an Army Air Assault Assessment, Jan. 20 at Camp Blanding, Fla.**

the better off the BDG can be downrange."

The assessment provided Airmen with an opportunity to challenge themselves personally and to assess their physical and mental readiness to perform in high-stress situations.

"The reason I wanted to go to AAS was to test myself and to

prove that I could get through something so difficult," said Senior Airman Jeffrey Lewis, 822d BDS fireteam leader. "You always hear of how superior the Army Air Assault School is and how physical it is. I saw this as a milestone to achieve and an opportunity to improve."

To be eligible to attend the school, Airmen have to complete a wide array of tests: rappel tower operations, ruck lay-out and sling load inspections, the Army physical fitness test, an obstacle course and a 12-mile ruck march.

"There are very few opportunities for Airmen to go to AAS and the BDG is one of the only units that gives their Airmen the chance to attend, so I wanted to take advantage of that," Groomes said. "It's a great opportunity for Airmen to (assess) themselves and learn what things they need to improve, not only physically, but mentally to push through."

While still having to pass all proficiency tests, Airmen were required to perform constant remedial physical training throughout the duration of the assessment to test their physical and mental resiliency.

"The biggest thing I needed, to get through (the assessment), was a strong drive and motivation," Lewis said. "Being self-aware and keeping my mental composure through very intense situations was key."

# Altus celebrates KC-46's arrival

**Lauren Gleason**  
507TH AIR REFUELING WING

ALTUS AIR FORCE BASE, Okla. — Reserve Airmen assigned to the 730th Air Mobility Training Squadron, dignitaries and Air Force leaders accepted the new KC 46A Pegasus during a historic arrival celebration Feb. 8 at Altus Air Force Base.

The 730th AMTS reservists work with active-duty Airmen assigned to the 97th Air Mobility Wing, in support of Air Education and Training Command, to train aircrews to operate

C 17 Globemaster III, KC 135 Stratotanker and the newest aerial refueling aircraft, the KC 46A Pegasus.

The KC 46A provides improved capabilities over older air refueling aircraft to include boom and drogue refueling on the same sortie, a refueling capability of more than 212,000 pounds of fuel and palletized cargo up to 65,000 pounds, depending on fuel storage configuration.

Air Force Chief of Staff Gen. David Goldfein spoke at the unveiling ceremony about the future of the force.

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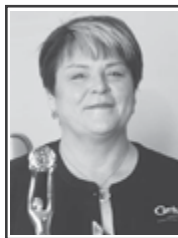
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# Army therapy dog visits Airmen

Senior Airman  
**Jean-Paul Arnaud-Marquez**  
455TH AIR EXPEDITIONARY WING  
PUBLIC AFFAIRS

KANDAHAR AIRFIELD, Afghanistan — Maintenance personnel got a surprise visit from a therapy dog as part of an effort to showcase the various mental health resources available Feb. 2 at Kandahar Airfield, Afghanistan.

Air Force religious affairs Airmen from the 451st Air Expeditionary Group teamed up with an Army behavioral health team from Train Advise and Assist Command-South. They made their way through various shops within the 451st Expeditionary Aircraft Maintenance Squadron allowing Airmen and personnel to interact with Eden, an Army therapy dog.

Chaplains and religious affairs Airmen make routine visits across the installation to ensure Airmen and personnel understand the resources available for advice, counseling or friendly conversations. Individuals may come to chaplains with personal or professional concerns, but sometimes, elevating the situation to a more qualified medical professional is necessary.

“Certain issues need to be seen by professionals, so we do these rounds to establish a relationship with Airmen,” said Air Force Staff Sgt. Matthew Daniel, 451st AEG religious affairs Airman.

Army Maj. Sal Bitondo, Behavioral Health officer in charge assigned to the NATO Role III MMU, said bringing a therapy dog with them often helps people feel more comfortable opening up, which in turn gives the behavioral health professionals an opportunity to talk about some of the resources they can provide.

“Like” what you’re seeing! Visit Travis at **FACEBOOK**.com/TravisAirForceBase



1) Maj. Matthew Stillman, 60th Security Forces Squadron operations officer, speaks with Chief Master Sgt. Jason France, U.S. Transportation Command senior enlisted leader, Feb. 7 during a visit to Travis Air Force Base, Calif. 2) James Frazier, center, 60th SFS training instructor, discusses training with France. 3) Tech. Sgt. James Vetter, left, 60th SFS Raven program manager, discusses security forces training with France. 4) France puts on a safety vest prior to watching a demonstration.



# USTRANSCOM chief visits

Story and photos by Tech. Sgt. James Hodgman  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Chief Master Sgt. Jason France, U.S. Transportation Command Senior Enlisted Leader, visited from Feb. 6-9 at Travis Air Force Base, California. During his visit, he toured the installation, observed security forces training and met with senior leaders. He also received mission briefings and learned about a few innovations Travis has worked on, including 3-D scanning.

France became the sixth command senior enlisted leader at USTRANSCOM Nov. 1, 2018. As the command's senior enlisted leader, he is the principal advisor to the combatant commander and senior staff on all matters concerning joint force integration, readiness, professional development and effective utilization of the enlisted corps.

He also coordinates with the headquarters staff, component commands, and subordinate organizations on the development and implementation of command policy and ensures the strategic focus and synchronized efforts of more than 144,000 military and civilian warfighters providing global air, land and sea transportation for the Department of Defense.



5) Brandon Feldmann, 60th Security Forces Squadron training instructor, discusses training with Chief Master Sgt. Jason France, U.S. Transportation Command senior enlisted leader, Feb. 7 at Travis Air Force Base, Calif. During his visit, France observed security forces training, toured the installation and met with senior leaders. 6) James Frazier, center, and Brandon Feldmann, right, both 60th SFS training instructors, show France a Taser training cartridge Feb. 7 at Travis.



## Swap Ads

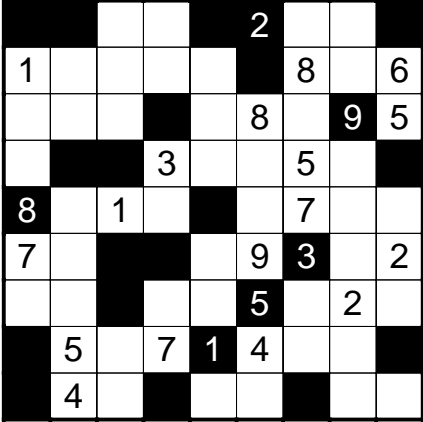
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## Puzzles

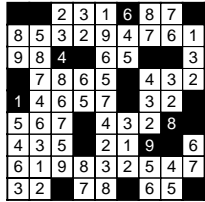
### STR8TS

No. 425 Easy



You can find more help, tips and hints at [www.str8ts.com](http://www.str8ts.com)

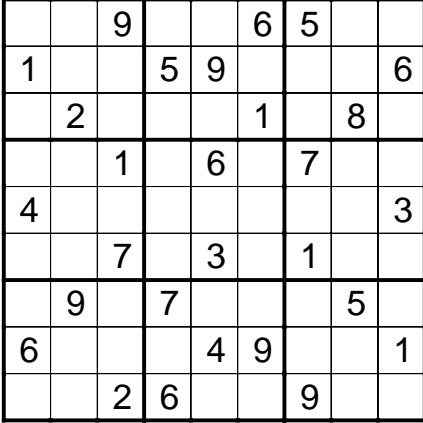
Previous solution - Medium



How to beat **STR8ts** – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

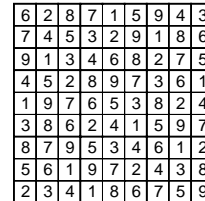
### SUDOKU

No. 425 Tough



The solutions will be published here in the next issue.

Previous solution - Medium



To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit [www.sudokuwiki.org](http://www.sudokuwiki.org)

If you like Str8ts, Sudoku and other puzzles, check out our books, iPhone/iPad Apps and much more on our store at [www.str8ts.com](http://www.str8ts.com)

## Retiree Corner

Take steps to prevent dangers of strokes

WRIGHT PATTERSON AIR FORCE BASE, Ohio — Stroke is the leading cause of serious, long-term adult disability in the United States. The effects of a stroke range from mild to severe and can include paralysis, problems with thinking, difficulty with speaking

and emotional problems. According to the National Institutes of Health, each year nearly 800,000 Americans experience a new or recurrent stroke. Comprehensive information about stroke prevention and treatment can be found on the National Institute of Neurological Disorders and Stroke website at <https://www.ninds.nih.gov/>.

— Health.mil

## Chapel programs

### News notes

#### Position available.

The Travis AFB Protestant parish coordinator position requires highly motivated applicants with experience coordinating workflow, advertising and programing in large organizations. Contact the Twin Peaks Chapel at 424-3217 for bid documents, including a copy of the Statement of Work. Bids are due to the Twin Peaks Chapel office by noon Feb. 19. For more information, contact Capt. Kevin Hostettler at 707-424-4633.

### Recurring events

#### Catholic

##### Twin Peaks Chapel

- Roman Catholic Mass: 9 a.m. and noon Sunday.
- Children's Church: 10:15 a.m. Sunday.
- Sacrament of Reconciliation/Confession: 4:30 to 5:30 p.m. Wednesday or upon appointment.

- Infant Baptism Prep Class: Two classes. Registration required. 6 to 7 p.m., quarterly.
- Youth Choir: 1 p.m. Sunday.
- Children's Choir: 2 p.m. Sunday.
- Adult Choir: 4 p.m. Sunday.
- Women's Bible Study: 10 a.m. (at First Street Chapel).
- Catholic Women of the Chapel: 6 p.m. first Monday of every month, Annex.
- Rite of Christian Initiation of Adults: 6 to 7:30 p.m. Wednesday, Annex.
- RE Classes: 10:15 to 11:30 a.m. Sunday, RE Wing.

#### First Street Chapel

- Mom's Group: 9 to 11:30 a.m. Thursday and Friday.

#### DGMC Chapel

- Roman Catholic Mass: Noon to 12:35 p.m. Monday through Thursday, except for federal holidays.

#### The Church of Jesus Christ of Latter-day Saints

- Sacrament \ervices: 9 and noon Sunday at Church of Jesus Christ of Latter-day Saints Fairfield Stake Center, 2700 Camrose Ave., Fairfield.

#### DGMC Chapel

- Latter-day Saints Service: 4 to 4:30 p.m. Sunday at DGMC Medical Center Chapel.
- For all other inquiries, call LDS Military relations representatives at 707-535-6979.

#### Protestant

##### First Street Chapel

- Protestant Community Service: 9:30 to 10:30 a.m. Sunday.
- Gospel Worship Service: 11:30 a.m. to 12:30 p.m. Sunday.
- Children's Ministry is provided for 6-month-olds through fifth grade.
- Protestant Men of the Chapel: 8 to 9 a.m., first Saturday of every month.

##### Twin Peaks Chapel

- Protestant Women of the Chapel: 9:30 to 11 a.m. Tuesday.

#### DGMC Chapel

- Protestant Traditional Service: 10 to 11 a.m. Sunday.

#### Airmen's Ministry Center

- The Peak is open from 5:30 p.m. to 9 p.m. Monday through Friday at Bldg. 1348. Home-cooked meal from 6:30 p.m. to 7:30 p.m. Tuesdays followed by Bible study.



For more information about chapel programs, call Twin Peaks Chapel at 707-424-3217.

## Recurring

#### Air Force Office of Special Investigations.

To report a crime, get a foreign travel brief or request information on joining AFOSI, report to Bldg. 380B, second floor. Send correspondence to AFOSI Detachment 303, 510 Airlift CR, Travis AFB, 94535. For more information, call 707-424-3115 or DSN: 837-3115.

#### Air Force Recruiting Office.

Now open at the Solano Town Center mall. Learn more about what the Air Force has to offer, such as up to 100-percent tuition assistance, 30 days paid vacation per year, free medical and dental care, tax-free housing and food allowance and much more. Contact Tech. Sgt. George Yardley at 707-889-3088 or stop by the office located at 1350 Travis Blvd., Suite P2, Fairfield, in the Solano mall.

#### Air Force Sergeants Association "Walter E. Scott" Chapter 1320.

General membership meetings are at 8 a.m. the second Friday of every month at Wingman's in the Delta Breeze Club and includes a free meal. For more information, contact Master Sgt. Reynoldo Rios or Master Sgt. Rosel Agapay.

#### Airmen's Attic.

The Airmen's Attic is open from 10 a.m. to 2 p.m. Tuesday and Thursday and 4 to 6 p.m. Wednesday. 560 Hickam Ave. For more information, call 707-424-8740 or visit the Facebook page "The Attic at Travis AFB."

#### Alzheimer's Caregiver Support Group.

Meetings take place from 1 to 2:30 p.m. the third Thursday of the month in the diabetic education classroom on the first floor in Internal Medicine at David Grant USAF Medical Center. For more information, call 707-423-7227.

**Base emergency numbers.** Mobile phone users must dial 707-424-4911 if they have an emergency on base. Those using government or home phones can call 911. For more information, call the Travis Air Force Base Fire Prevention Office at 707-424-3683.

**Base illicit discharge number.** To report sewage/water leaks or illegal dumping, call 707-424-2575. For hazardous chemical/material spills, call the base emergency numbers.

**Civilian Health Promotion Services.** Will perform free wellness screenings from 7:30 to 9:30 a.m. every Monday for all DoD federal civilians. Screenings include cholesterol, glucose, blood pressure and body composition analysis. For more information, visit [www.AFMCOwellness.com](http://www.AFMCOwellness.com) or contact CHPS at 707-424-CHPS or CHPSTravis@fhh.hhs.gov.

**Crisis text line.** Free, confidential, 24/7 counseling for teens and young adults. Text 741-741 anywhere in the United States and a live, trained crisis counselor responds quickly.

#### Employee-Vehicle Certification and

**Reporting System.** Civilian and military personnel must maintain emissions information with the Web-based ECARS system. For more information, call Xuyen Lieu at 707-424-5103.

#### Exceptional Family Member Program

**Sensory Play Group.** This group meets from 2 to 4 p.m. the second and fourth Wednesdays at the Balfour Beatty Community Center. For more information, call 707-424-4342 or visit the Facebook page "EFMP Travis AFB."

**Family Advocacy Parent/Child play groups.** Toddlers to the Max play group for children ages 1 to 3 meets from 9:30 to 11 a.m. Wednesdays at the First Street Chapel Annex. The Rattles to Raspberries play group for infants 8 weeks to 1 year meets 9:30 to 11 a.m. Thursdays at the First Street Chapel Annex. For more information, call 707-423-5168.

**Family and Friends Combat Stress Peer Support Group.** Meets from noon to 1 p.m. the first Tuesday of every month at the Balfour Beatty Community Center and from 1 to 2 p.m. the third Thursday of each month at The Peak. For more information, contact Amber Quirate and Jessica Soto at 501-231-7756 or email [travstopcombatstpsd@gmail.com](mailto:travstopcombatstpsd@gmail.com).

**Government no-fee passports.** All submissions of applications for government no-fee passports must now include: 1) A photocopy of Military Identification Card front and back; 2) Passport photo taken in the past six months; 3) Supporting document(s), proof of U.S. citizenship certified copy with state or county seal, if it involved a name change submit a court order or marriage certificate. Passport application cannot be handwritten and printed back to back and must be completed online with 2D barcode at website <https://poptform.state.gov> and/or <https://travel.state.gov>. For more information, call 707-424-5324.

**Hometown News Releases.** To submit a Hometown News Release, visit <https://jhns.release.dma.mil/public> and fill out the information.

**Mare Island Museum.** Open 10 a.m. to 2 p.m. Monday through Friday and 10 a.m. to 4 p.m. Saturdays. 1100 Railroad Ave. in Vallejo. For more information, call 707-557-4646.

**M-50 Gas Mask Fit Testing.** Takes place from 9 a.m. to 3 p.m. every Wednesday at Bldg. 791. All deployers are fit as necessary. For more information, call 707-424-2689.

**Mitchell Memorial Library.** Open 9 a.m. to 7 p.m. Monday through Thursday, 9 a.m. to 5 p.m. Friday, 10 a.m. to 5 p.m. Saturday and closed Sunday.

**Montezuma Shrine Club.** Meets every third Thursday of the month at the Masonic Center, 412 Travis Blvd., Fairfield. For more information, call Mike Michaelis at 707-427-2573 or Cal Gitsham at 707-425-0060.

**MPF self-renewal program.** Did you know that dependents can now renew their ID cards online? To participate in this program, visit <http://bit.ly/2mR1gl2>. This program is limited only for renewing dependents' IDs. For all other services, visit MPF during duty hours or call 707-424-8483.

**On-base child care.** The Air Force requires on-base residents to be licensed by the 60th Mission Support Group if they provide more than 10 hours of care per week in their homes. For more information, call 707-424-8104 or 707-424-4596 or stop by Bldg. 380B.

#### Photocopying of military identification.

The prohibition of photocopying of U.S. government identification Common Access Card announced by the Office of the Assistant Secretary of Defense, dated Oct. 27, 2011, does not apply to medical establishments; applying for government-issued, no-fee passport and other U.S. government agencies in the performance of official government business. This requirement does not apply to minors ages 16 or younger. However, it applies to sponsors. For more information, call 707-424-5324.

#### Professional Loadmaster Association.

The Professional Loadmaster Association meets at 7 p.m. the first Tuesday of each month at the Delta Breeze Club. For more information, call Mark Raymond at 707-416-5331.

**Retiree Activities Office.** Openings for volunteers. Customers are retired American service members and their family members. It is the RAO's responsibility to maintain open communication and to ensure retirees receive the service and the respect they deserve. If you would like to apply for a volunteer slot and have three hours or more to give, call 707-424-3905.

#### Solano/Napa Habitat for Humanity.

This organization welcomes volunteers and supporters from all backgrounds. There are recurring events Tuesday through Saturday. For more information, email Staff Sgt. Mathew Clayton at [mathew.clayton@us.af.mil](mailto:mathew.clayton@us.af.mil).

**Travis Community Thrift Shop.** 10 a.m. to 2 p.m. Tuesday and Thursday. Ongoing need for volunteers to organize, sort and price donations. For more information, contact the Thrift Shop at 707-437-2370.

**Travis Composite Squadron 22 Civil Air Patrol.** Open to youth from 12 to 18, as well as adults ages 18 or older who train and serve as the volunteer component of the total force. UTA is 6:30 to 9 p.m. Monday, Bldg. 241-B-2. Open to all students with a 2.0 or higher grade-point average. For more information, contact CAP 1st Lt. Jo Nash at 707-424-3996 or recruiting@squadron22-cap.us, visit during a UTA or check out <http://squadron22-cap.us>.

**Travis Air Force Base Heritage Center.** Open 10 a.m. to 5 p.m. Tuesday through Saturday, Building 80, 461 Burgan Blvd., Travis Air Force Base. Escorts required for general public, call center to arrange. Free. 424-5598, [www.travisheritagecenter.org](http://www.travisheritagecenter.org).

**USO Dinner Show Fundraiser.** Jazz, 6 p.m. March 8-9, Willis Jepson Middle School, 580 Elder St, Vacaville. [facebook.com/JepsonMusicBoosters](https://www.facebook.com/JepsonMusicBoosters).

## News Notes

#### Annual award ceremony.

2018 Travis annual award ceremony takes place Feb. 22 at the Delta Breeze Club. This year's theme is a "Night in the City." Military members can wear the mess-dress or semi-formal uniform and civilians should wear formal attire. Tickets cost \$10 for E-1 to E-4, \$20 for E-5 to E-6 and \$35 for E-7 to E-9, all officers and civilians. To purchase tickets, contact Master Sgt. Brandy Jones at 707-424-5875 or Master Sgt. Robert Sigmon at 707-816-3132.

active duty members and dependents are walk-ins from 2 to 3 p.m. Tuesday. For all wills and retiree legal assistance, call 707-424-3251 to make an appointment.

**Tuskegee Airman Lee A. Archer Chapter.** Meets at 3 p.m. the third Saturday of the month at the Airman and Family Readiness Center.

**Voluntary Leave Transfer Program.** The following Travis employees are approved as leave recipients through the Voluntary Leave Transfer Program:

- Erin Dunnaway, 60th Operations Support Squadron.

The VLTp allows an employee who has a medical emergency or is affected by a medical emergency of a family member and is without availability of paid leave to receive transferred annual leave directly from other employees. For more information, call 707-424-1720.

**What's Cookin' Wednesday.** Free lunch at the Travis AFB USO Bldg. 1348. Served from 11 a.m. to 1 p.m. every Wednesday. For active duty, Guard, reservist and their families.

## Local events

### Events

**Mardi Gras.** 3 p.m. Feb. 23, Vacaville Library – Town Square, 1 Town Square Place. Free. [www.solanolibrary.com](http://www.solanolibrary.com).

**"Sounds of Suspense."** Radio broadcast, noon fourth Friday of each month, Vacaville Public Library-Town Square, 1 Town Square Place. Free. [www.solanolibrary.com](http://www.solanolibrary.com).

**USO Dinner Show Fundraiser.** Jazz, 6 p.m. March 8-9, Willis Jepson Middle School, 580 Elder St, Vacaville. [facebook.com/JepsonMusicBoosters](https://www.facebook.com/JepsonMusicBoosters).

Here are the showtimes for this weekend's movies at the Base Theater:

#### Today

- 6:30 p.m. "On the Basis of Sex" (PG-13)
- 9 p.m. "Escape Room" (PG-13)

#### Saturday

- 6:30 p.m. "The Upside" (PG-13)
- 9 p.m. "Aquaman" (PG-13)

#### Sunday

- 2 p.m. "Glass" (PG-13)

**Vaca-Con.** 10 a.m. to 4 p.m. March 16, Ulatis Community Center, 1000 Ulatis Drive, Vacaville. 469-6680.

**Vallejo Art Walk.** 5 to 10 p.m. second Friday of each month, downtown Vallejo. Free admission. [www.vallejoartwalk.com](http://www.vallejoartwalk.com).

**Vallejo Farmers Market.** 9 a.m. to 2 p.m. Saturdays, year-round, Georgia and Marin streets. [www.pcfma.com](http://www.pcfma.com).

**Vintage Market.** 9 a.m. to 2 p.m. every third Saturday, St. Paul's United Methodist Church, 101 West St., Vacaville. 925-978-6989.

### Music and dance

#### Chamber Music at Rancho Flaubert.

Telegraph String Quartet, 3 p.m. Feb. 17; 7059 Bucktown Lane, Vacaville. [www.sites.google.com/view/cmrf/home](http://www.sites.google.com/view/cmrf/home).

**City Sports Bar and Grill.** Music begins at 9 p.m.: Kiss N Tell, Feb. 15; California Groove, Feb. 16; The Ripoffs, Feb. 22; Two20Band, Feb. 23; 7155 Browns Valley Parkway, Vacaville. 455-7827, [www.starsrecreation.com](http://www.starsrecreation.com).

**Empress Theatre.** Film Club: 20th Animation Show of Shows, 7:30 p.m. Feb. 15; Najee, 8 p.m. Feb. 16; Groovality, 7:30 p.m. Feb. 20; Academy Awards party, 4 p.m. Feb. 24; 330 Virginia St., Vallejo. 552-2400, [www.empresstheatre.org](http://www.empresstheatre.org).

**First Street Cafe.** Open mic, 7 p.m. Feb. 16; Bryan Girard, 2 p.m. Feb. 17; Gaby Castro & Aprylle Gilbert, 7 p.m. Feb. 22; Tune Riders, 7 p.m. Feb. 23; Bryan Girard, 2 p.m. Feb. 24; 440 First St., Benicia. 745-1400, [www.firststreetcafe.com](http://www.firststreetcafe.com).

**The Rellik Tavern.** BourbonFixx, 9 p.m. Feb. 15; Neon Velvet, 9 p.m. Feb. 16; Amanda Abizaid, 9 p.m. Feb. 22; The Stolen Cars, 9 p.m. Feb. 23; 726 First St., Benicia. 746-1137, [www.therelliktavern.com](http://www.therelliktavern.com).

**Solano Symphony.** World's Greatest Classics, 3 p.m. March 24, Vacaville Performing Arts Theatre, 1010 Ulatis Drive. [www.solanosymphony.org](http://www.solanosymphony.org).

**Solano Winds.** 8 p.m. March 8, Downtown Theatre, 1035 Texas St., Fairfield. [www.solanowinds.org](http://www.solanowinds.org).

**Theatre Deville.** Pride and Joy, 8 p.m. Feb. 16; Total Recall, 8 p.m. Feb. 23; 308 Main St., Vacaville. [www.theatredeville.com](http://www.theatredeville.com).

**Vacaville Performing Arts Theatre.** Joe Nichols, 8 p.m. Feb. 15; Vacaville Christian Schools Radio Conservatory of Music, 6:30 p.m. Feb. 19; 1010 Ulatis Drive. 469-4013, [www.vpat.net](http://www.vpat.net).

**Vallejo Jazz Society.** Jeff Massanari & Kenny Washington, 5 p.m. March 17, Empress Theatre, 330 Virginia St., Vallejo. 552-2400, <http://vallejojazzsociety.net>.

**Vallejo Symphony.** "Profound," 8 p.m. March 30, 3 p.m. March 31; Empress Theatre, 330 Virginia St., Vallejo. [www.vallejosymphony.org](http://www.vallejosymphony.org).

### Places to go

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Children's Church: 11:30 a.m.

**Tuesday**  
Prayer Meeting: 6:30-7:00 p.m.  
Bible Study: 7:00-8:00 p.m.

**Web Site:** www.stpaulfairfield.com  
**Email:** stpaulbcfairfield@comcast.net  
**Church Phone:** 707-422-2003

BAPTIST



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Evening Worship & Prayer..... 5:00 pm

Wednesday:  
Dinner (Sept-May)..... 4:45 pm  
AWANA (Sept-May)..... 6:00 pm  
Youth..... 6:00 pm  
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Bible Study  
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Worship ..... 11:00 am  
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**WEDNESDAY**  
Adult Studies..... 2:00 pm  
AWANA for Kids ..... 6:15 pm  
Adult & Youth Studies..... 6:30 pm



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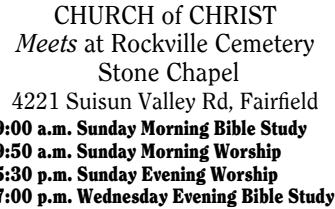
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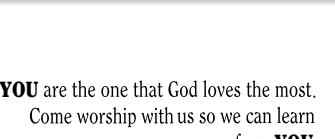
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**7:00 p.m. Wednesday Evening Bible Study**

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Holy Eucharist Rite II  
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Evening Assembly Worship .5:00 pm

Wednesday Evening  
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Prevention

From Page 5

smoking is the No. 1 preventable risk factor for stroke. Using oral contraceptives combined with cigarette smoking greatly increases stroke risk.

- Physical inactivity and obesity – Physical inactivity and obesity can increase your risk of stroke, heart disease, high blood pressure, diabetes and high blood cholesterol.
- Eat healthy – Limit foods high in saturated fat, trans fat and cholesterol. Diets high in sodium (salt) can increase blood pressure, and diets with high calories can lead to obesity.

- Diabetes – If you have diabetes (Type 1 or 2), keep blood sugar controlled. Having diabetes increases one's risk for stroke.
- Illegal drug use – cocaine and heroin use have been associated with an increased risk of stroke.

**Where can I learn more about stroke?**  
Talk to your doctor about your personal risk factors for having a stroke.

Civilian Health Promotion Services will be offering educational briefings on stroke prevention throughout February. Below are the dates and times of the health education classes.

- 1:15-1:45 p.m. Feb. 19 at 350 Ragsdale Road, MXS, Bldg. 803, Conference Room.
- 12:30-1 p.m. Feb. 26 at Bldg. 977, APS, second floor conference room.
- 11-11:30 a.m. Feb. 27 at Bldg. 176, Break Room
- Noon-12:30 p.m. Feb. 27 at 350 Hangar Ave., Bldg 549, contracting, conference room.

For more information on preventing stroke, visit [www.AFMCwellness.com](http://www.AFMCwellness.com) or contact your local CHPS team. Comprehensive information about stroke prevention and treatment can be found on the National Institute of Neurological Disorders and Stroke website at [www.ninds.nih.gov](http://www.ninds.nih.gov).



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[www.TreatYourLegs.com](http://www.TreatYourLegs.com)

Follow Travis on **TWITTER** at @Travis60AMW

Traster

From Page 2

the time I was little I saw him as a role model, someone to look up to, a hero. Once he graduated the South Dakota Police Academy I knew I wanted to be a police officer, just like my brother. No matter the occasion, my brother runs toward the sound of chaos. I hope while I wear the uniform that I run just as fast toward that sound, and upon arrival I am just as good of as he is.

I carry a very heavy heart with the third and final reason why I wear the uniform. My best friend and roommate in college was the most devoted person I know. His dream was to become a doctor, and he devoted every second of his life to becoming one. In his free time he did clinical shadowing, submitted many journals for publishing and many other things not required of him in order to build his resume to get into Medical School.

However, the stress became

too great for him and he thought there was only one way out. On July 2, 2017, my best friend, roommate, and a man I considered family, took his own life. I stand here today to live my dream because he can't live his.

I carry his memory with me every day to remind me no matter how hard my day was or how stressful it may get, I will never give up on my dream. I couldn't think of a better way to honor him than to put this uniform on and live out my dream of being a police officer.

It is an honor to be able to have my father's and grandfather's name on this uniform. Every morning when I leave the threshold of my home, my shoulders are back, chest out, and head held high knowing I serve in the world's greatest Air Force and defend the best country.

I promised to run toward the sound of chaos and protect all. I will keep that promise and wear this uniform with pride.

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Pilot

From Page 3

Master Sgt. Christopher Pedersen, an air refueling control team member with the 607th Air Operations Center. "Capt. Lim's ability to speak, write, and translate the concepts and ideas to promote effective mobility practices within the Combined Air Mobility Division was a perfect fit."

Lim returned to Korea in January 2018, this time as a uniformed member of the U.S. Air Force. His prior relationships with members of the flying community came in handy as many of the students he taught as a flight instructor were now members of the RO-KAF. Through them, he was able to establish good lines of communication between the 607th AOC and the ROK Air Mobility Reconnaissance Command.

Building these strong relationships helped strengthen the U.S. and ROK alliance, which led to joint training events designed to further the knowledge and capability of both sides. During one such event, USAF C-130J Super Hercules aircrews visited Gimhae Air Base in Busan, where they met with their RO-KAF counterparts and shared tactics, techniques, and procedures. Another allowed RO-KAF tanker aircrews to observe a USAF KC-10 refueling mission firsthand, preparing them for operations in their own KC-330 aircraft.

"Capt. Lim was able to shape the future of the U.S. and ROK partnership by demonstrating Air Force core values in his interactions with the ROKAF," said Lt. Col. Joseph Watson, the AMD chief assigned to the 607th AOC. "He was able to show how mobility's service mentality of

getting cargo to its destination on time and providing airborne fuel to the fight when needed are force multipliers.

"Capt. Lim exemplifying these values to the ROKAF will help lay the foundation for success within the RO-KAF mobility forces and foster a culture of service and excellence."

Lim was only supposed to be in Korea for six months. However, when that time was nearly up, he found he had too many meaningful projects in the works to be able just to let go and return home. So, he extended his time by another six months.

After completing his year of service in Korea, Lim returned to Travis AFB to continue his role as a KC-10 pilot. Though Lim is no longer at Osan AB, the impact he made and the relationships he helped cultivate will remain for years to come.

Pawluk

From Page 2

if you're looking to creatively lead your team. Our CSAF is spot on to focus on inspirational leadership and culture. It's our responsibility to act within our span of control to lead in the squadron.

Since taking the stick of the mighty Double Deuce back in May, I've seen incredible front-line leaders and cultures throughout Team Travis and I've done my best to continually learn from them. Inspiration and culture, however, are not fixed and just when the team gets comfortable or feels they're at the top of their game, we must step out of our comfort zones and strive for that 1-2 percent marginal gain to improve. Otherwise, inspiration will lose its spark and culture will stagnate.

At the tactical level, culture

eats strategy for breakfast. Anyone can copy your strategy, but no one can copy your culture. Thus, culture is our strategy in building resilient and ready squadrons in the face of great-power competition with peer competitors like Russia or China. In the squadrons, we must rise to the challenge to execute Goldfein's intent. I think we're on the right track, unpacking inspirational leadership might help, but there's no doubt it's our imperative – one we have to get right.

So, how do you define inspirational leadership? There's no one way or right way to define it – there are situational-based traits that we, as leaders, must internalize and apply in dynamic environments to lead. Can we all be inspirational leaders? Yes, but it takes some deliberate study and experience to gain the self-awareness to unlock the right combination of traits to inspire your team.



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**EOD**

From Page 7

improvised explosive device hazards.

“Our job is to make sure we keep people safe,” said Tech. Sgt. Alexander Blair, team

leader assigned to the 753rd Ordnance Company. “Safety is the most important thing; I will never put my life or the team’s lives in danger.”

Once the call comes in, the team goes to the site to assess the situation and detonate the hazard in a controlled area.

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FEBRUARY 15, 2019

PARTING SHOTS

TAILWIND 23

1) Airmen assigned to the 60th Security Forces Squadron demonstrate combative skills Feb 7 at Travis Air Force Base, Calif. These skills help security forces Airmen defend themselves from attack.

# LEARNING

... sharpens 60th SFS Airmen’s skills

U.S. Air Force photos by Tech. Sgt. James Hodgman

2) Airmen assigned to the 60th Security Forces Squadron conduct use of force training Feb 7 at Travis Air Force Base, Calif. Security forces Airmen train regularly to be ready for a variety of scenarios. 3) Airmen assigned to the 60th SFS conduct use of force training Feb 7 at Travis AFB.





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