

Travis directs support around ...

WORLD

PAGES 14-15



TW



Service, nation depend upon bold vision

“This nation should commit itself to achieving the goal, before this decade is out, of landing a man on the moon and returning him safely to the earth.”

Last week was the 58th anniversary of President John F. Kennedy’s address to a joint session of Congress. On May 25, 1961, just four months into his presidency, this wasn’t just any address.

He sought to calm fears and instill confidence in a nation reeling from technological and diplomatic successes by our strategic enemy, the



Commentary by Col. Matt Leard

60TH AIR MOBILITY WING VICE COMMANDER

Soviet Union. The Soviets were not only the first to orbit our planet with a satellite, but were also the first to launch a man into space. Two feats that demonstrated a clear advantage.

After determining, as Kennedy put it, “Where we are strong and where we are not, where we may succeed and where we may not,” he established a bold vision designed to inspire a country and its citizens to achieve impossible feats.

This vision was never really about footprints on the moon. It was about enlisting our best

Commander’s Commentary

and brightest to attain the unimaginable and to demonstrate the power of a free world.

Kennedy’s vision successfully led to a moon landing in 1969, but ultimately, it established a technological advantage that led to the end of the Soviet Union just 20 years later.

Similar bold visions are inspiring today’s generation.

Team Travis recently hosted a team from SpaceX. It’s a team working to fulfill the bold vision of delivering people and cargo to Mars. That’s right, as in the planet. There are no

doubt many reading this that believe this can’t be serious. Trust me, it is.

You’re likely wondering, why were they visiting Travis? Well, the same technology that could deliver people and cargo to Mars also enables rapid delivery anywhere on Earth, and according to them, they wanted to learn from the current best and brightest who deliver anything to anywhere at a moment’s notice.

As we met with this brilliant team of engineers and innovators it was apparent they are 100 percent bought into the vision and believe they will overcome all hurdles to solve the hardest problems. I have no doubt they will succeed.

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The visit left me impressed with their talent, focus and motivation. But more than anything, it showed me the power and need for a bold vision.

In my 20 years in the Air Force, I’ve seen equally impressive talent. When empowered and focused on the right problem, Airmen accomplish amazing feats. Doing so generates an infectious energy that Airmen are drawn to.

In a time when we are challenged to retain our talent, perhaps our vision isn’t bold enough. Could it be that our best and brightest are gravitating toward enterprises that offer greater potential of real

Technology pushes today’s Air Force into future

Commentary by Capt. Jacob Payton
60TH AIR MOBILITY WING PHOENIX SPARK HUB

Commentary

“It’s not science fiction. It’s what we do every day” was a recruitment campaign that ran in 2010 for the Air Force. The unfortunate truth to those in uniform was that, in the Air Force, we have, and still have, a technology gap in the way we do business.

One local example of this is the KC-10 Formal Training Unit. In an effort to save on development costs when bringing the weapon system online, the Air Force decided to acquire commercial DC-10 flight manuals and modify them for the KC-10. Nearly 50 years later, students are

still using these manuals in the FTU today. Not very “science fiction” if you ask a student going through training. Furthermore, the training syllabus for pilots has relatively remained the same, though techniques in instruction have changed over the years.

The spark of base-level innovation was born at Travis Air Force Base. Capitalizing on this culture, members of the FTU and the Phoenix Spark innovation office collaborated on a project to utilize virtual reality for training. VR is a three-dimensional representation of the environment

around you. To make quick gains, the FTU purchased 360-degree cameras to record various flight situations. The videos undergo a brief production and are then moved into a video training series repository for students to review at their leisure. The VTS saves students and instructors time by introducing concepts and scenarios before a student is expected to perform these in the KC-10.

VR training within industry is not new. Companies have been using VR to create immersive experiences to allow their employees to try things they would not necessarily do in a real world scenario. In addition to taking more risk, a virtual environment provides students with an

alternate means to learn, accelerating results and allowing them to use the skills they need to perform their jobs. The next leap in innovative training is incorporating augmented reality. Through AR, a user can see the real-world environment around them with an overlay of instruction through an AR device. This can include checklist items for a first time student performing a task or allow a senior technician to provide remote assistance to a less experienced technician.

Though we may be adopting technology that is fielded, proven and not new to industry, the least we can do is provide our Airmen a means to bring yesterday’s technology to the Air Force today.

USAF EC leadership visits Travis CRW Airmen

Tech. Sgt. Liliana Moreno

621ST CONTINGENCY RESPONSE WING PUBLIC AFFAIRS

Top leadership from the U.S. Air Force Expeditionary Center, Joint Base McGuire-Dix-Lakehurst, New Jersey, visited with Airmen assigned to the 821st Contingency Response Group and the 621st Air Mobility Advisory Group, 621st Contingency Response Wing, May 21, to observe the health, morale and welfare of the wing and discuss its priorities and mission.

During their visit, U.S. Air Force Maj. Gen. John Gordy, U.S. Air Force Expeditionary Center commander, and U.S. Air Force Chief Master Sgt. Kristopher Berg, U.S. Air Force Expeditionary Center command chief master sergeant, saw first-hand the capabilities the 621st CRW Airmen possess as part of the U.S. Air Force Expeditionary Center enterprise and America’s choice to build partnerships, strengthen the joint force and mobilize the fight.

“This is just an incredible mission, and probably the best job that you could have,” said Gordy. “I get very passionate about what you guys do, you should be proud of yourselves. Your impact is felt, never forget that.”

The 621st CRW is a unique bicoastal unit, aligned under the U.S. Air Force Expeditionary Center, highly-specialized in training and rapidly deploying personnel to quickly open airfields and establish, expand, sustain, and coordinate air mobility operations.

“Advise, direct, project is our mission globally whether we are here at McGuire or at Travis and we take great pride in that,” said Col. James Hall, 621st CRW commander. “I go around to the different squadrons and every time I just walk away impressed by the quality of the leaders of that organization and



U.S. Air Force photo/Tech. Sgt. Liliana Moreno

Maj. Gen. John Gordy, U.S. Air Force Expeditionary Center commander, and Chief Master Sgt. Kristopher Berg, USAF Expeditionary Center command chief master sergeant, both on the right, meet with Airmen from the 821st Contingency Response Support Squadron during their May 21 visit to Travis Air Force Base, California. During the visit, Airmen briefed the capabilities of their unit and showcased innovation projects.

just how much they care about people and the way that they are pushing their organizations to excellence.”

The visit included roundtable discussions, meeting with Airmen, and engagements with the five squadrons here at Travis.

The wing supports four key mission

areas, which include air advisors, joint mobility operations, theater-wide command and control, and the ability to generate airfields on demand in any environment.

“We are the Air Force’s only CRW, with missions directly focused on all phases of conflict across the spectrum

of warfare,” Hall said. “We must constantly monitor mission capability and readiness in all four CRW mission areas in order to remain agile and adaptable, and to maintain readiness and relevance.”

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Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

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60th Air Mobility Wing commander
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Officer in charge of command information
- Tech. Sgt. Traci Keller**
NCO in charge of command information
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On the cover

Staff Sgt. James Armstrong, right, and Airman 1st Class Alan Collier, 21st Airlift Squadron loadmasters, discuss how to offload U.S. Army equipment from a C-17 Globemaster III May 24 at an undisclosed location.

U.S. Air Force photo/2nd Lt. R. Michael Longoria

WARRIOR OF THE WEEK

Name: Staff Sgt. Adam Bender.

Unit: 860th Aircraft Maintenance Squadron.

Duty title: Airlift and special mission

Hometown: San Rafael, California.

Time in service: Six years.

What are your goals? “Pursuing my airframe and

powerplant license and taking more college classes.”

What are your hobbies? Metal working and fabrication.

What is your greatest achievement? Being a dad.



1) U.S. Air Force Airmen assigned to the 60th Maintenance Group stand in formation for their march in the annual Vacaville Fiesta Days Parade May 25 in Vacaville, California, ahead of Memorial Day. Airmen participation in public events such as these promotes military and civic engagement within the community. 2) Senior Master Sgt. Victoria Bartos, 60th Maintenance Operation Flight superintendent, interacts with community members May 25 during the parade. 3) Airmen assigned to the 60th MXG and Travis Air Force Base Honor Guard march in formation as part of the parade.

Travis marches in annual parade for... FIESTA DAYS

U.S. Air Force photos/Airman 1st Class Army Younger



Chief shares experience with PTSD

Staff Sgt. Christine Groening
49TH WING PUBLIC AFFAIRS

HOLLOMAN AFB, N.M. — “Dealing with a traumatic event from 2011 in Afghanistan, I realize now that I probably needed help long before 2018, but at the time I felt like I’d figured out how to control the ghosts in my head.

“I forced myself to keep them at bay, and instead of dealing with my problems, I just let them fester,” recalled Chief Master Sgt. Eric Corvin, 49th Maintenance Group Quality Assurance superintendent, as he opened up about his post-traumatic stress disorder.

Many service members struggle with the thought of seeking mental health treatment, thinking of it as a career ender, or possibly that others may think they are weak for seeking help. Corvin said he wrestled with the thought of whether or not to get help, and eventually decided he needed to make a change – not only for himself, but for his family.

The stresses and strains Corvin was undergoing didn’t just affect him personally, but also his family.

He described how his wife and daughter noticed the change in his demeanor, and they tried to talk to him about it on several occasions, even offering to look into getting a PTSD dog for him. But, Corvin refused to take a dog he thought would be more beneficial for someone else.

“Once we got home, my daughter sat down with me and told me in no uncertain terms that I needed to get help,” Corvin said. “She told me that although I might not seem to be suffering as much as some others, or physically injured, I still needed help. I tried explaining to her about everything going on in my head and my body was starting to suffer as a result of



U.S. Air Force photo/Staff Sgt. Christine Groening

Chief Master Sgt. Eric Corvin, 49th Maintenance Group Quality Assurance superintendent, sought PTSD treatment with the 49th Medical Group at Holloman Air Force Base, New Mexico. He enrolled in a 12-week program, which focused on the many aspects of PTSD and ways of coming to terms with the issues it causes.

that stress. She just told me, “that’s even more reason to go get help.”

It soon reached a point when his wife told him she wanted back the man she married. She told him his PTSD was affecting him to the point they couldn’t even walk down the street or go out to eat as a normal couple.

“I’m currently geographically separated from them, so I finally have time to think on my own, contemplate things and determine how I need to react,” he said. “My wife and daughter deserve to have the old me back.”

In October 2018, Corvin finally found the courage to seek help, after coming to the realization of how much it was affecting his family and faith.

He enrolled in a 12-week program with the 49th Medical Group Mental Health Clinic, which focuses on the many aspects of PTSD and ways of coming to terms with the issues it brings, along with coping mechanisms.

“We view PTSD as something that you can resolve,” said Capt. Kyra Santiago, 49th Medical Group licensed clinical social worker. “When we go through trauma, we kind of shove it all into a filing cabinet and just push it away. It comes out at times when we don’t want it to, but (the practice of) cognitive processing has you open up that drawer, pull everything out and reorganize it to make better sense of something that was

probably illogical.”

During the program, individuals go through learning what PTSD is, analyze the meaning of the event or trauma they went through, learn to identify thoughts and feelings relating to PTSD and determine where they got stuck. Issues that impact the individual’s life, such as safety, trust, power and control, esteem and intimacy are also addressed.

“One of my goals in counseling was to get back to the way I was when my wife married me,” Corvin said.

The QA superintendent explained that prior to getting treatment, his way of dealing with PTSD only resulted in him feeling isolated, being afraid to lose control of

a situation and hiding what he was really feeling and seeing inside, both at work and at home.

“I turned everything into a mission,” he said. “My day-to-day life was literally task oriented. There was no real friendship making, no personal interactions; everything was something I ‘had’ to do. Whether it was going to work or attending meetings, I just focused on getting through it. But, the minute I didn’t have anything to do, that’s when the ghosts would come out and play.”

Corvin’s PTSD began to manifest after events during his deployment in Afghanistan. The events took a major

See PTSD Page 23



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AMC expands program to develop junior officers

**Air Mobility Command
Public Affairs**

SCOTT AIR FORCE BASE, Ill. — Air Mobility Command officials announced May 22 an expansion of Phoenix Horizon, the command's company grade officer leadership and force development program.

Changes to the program include more cross-flow options, matching program participants with wing-level mentors, and new opportunities for air mobility liaison officers and air advisors.

"Airmen are our greatest source of strength and America's asymmetric advantage," said Gen. Maryanne Miller, Air Mobility Command commander. "We must intentionally broaden our Airmen's experiences and ensure they are deliberately developed to operate in and lead the Joint force. Leaders at every level are key to maximizing opportunities that develop exceptional

Airmen and future leaders."

Phoenix Horizon encompasses three programs – Mobility, Reach and Torch. Phoenix Mobility broadens officers' experiences in air mobility support, including contingency response and enroute operations. The Reach track crossflows an officer into a new weapons system, and Torch affords officers exposure to command-level programs and senior leader decision making at AMC Headquarters.

Under the 2019 changes, Phoenix Reach officers will be able to cross-flow into Air Education and Training Command to fly the T-1, T-6 or T-38 at Formal Training Units. Officers may also cross-flow into the 89th Airlift Wing at Joint Base Andrews supporting the executive airlift mission.

Phoenix Horizon applicants can now also become Air Mobility Liaison Officers or Air Advisors to broaden their

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AFMC team receives award for life-saving aircraft technology

Whitney Wetsig

AIR FORCE RESEARCH LABORATORY
CORPORATE COMMUNICATIONS

ARLINGTON, Va. — The Automatic Ground Collision Avoidance System, or Auto-GCAS, team has won the 2018 Robert J. Collier Trophy.

The National Aeronautic Association bestows the award annually to recognize “the greatest achievement in aeronautics or astronautics in America, with respect to improving the performance, efficiency and safety of air or space vehicles.”

The NAA selected the Auto-GCAS team for “successfully completing a rapid design, integration and flight test of critical, lifesaving technology for the worldwide F-35 (Lighting II) fleet.”

The winning team comprises representatives from the Air Force Research Laboratory, Lockheed-Martin, the F-35 Joint Program Office, NASA, the Office of the Secretary of Defense, the Defense Safety Oversight Council and other

U.S. Air Force entities.

AFRL’s Aerospace Systems Directorate at Wright-Patterson Air Force Base, Ohio, led the development of Auto-GCAS while members of the F-35 Integrated Task Force at Edwards Air Force Base, California, led the flight-test program.

Kevin Price, AFRL program manager and retired Air Force F-16 Fighting Falcon pilot, says the team is honored and especially grateful for the resulting public awareness. Price explains that the “greatest reward comes from the knowledge that pilots have come home from missions” safely due to the development and transition of Auto-GCAS.

We are “most proud” of the “precious lives and combat resources (that) have been preserved through this revolutionary, life-saving technology,” he said.

Auto-GCAS relies on GPS and a digital terrain database. The system employs complex

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U.S. Air Force photo/Tech. Sgt. Christopher Gross

Maj. Andrea Matesick and her horse, Calvin, jump over an obstacle inside the arena at Tokaruk Show Stables April 10 in Collierville, Tennessee. Matesick is an F-15E Weapons System Officer and WSO instructor with the 49th Fighter Training Squadron’s Introduction to Fighter Fundamentals at Columbus Air Force Base, Mississippi, and is one of two athletes in the Air Force Sport program’s equestrian division, in which she competes in show jumping.

Major excels in air, saddle

Tech. Sgt. Christopher Gross

14TH FLYING TRAINING WING PUBLIC AFFAIRS

COLUMBUS AIR FORCE BASE, Miss. — She grew up a horse-loving and riding kid in Northern California and put her dream of riding professionally on hold when she enlisted and later commissioned into the Air Force.

It wasn’t until 2013, while stationed at Mountain Home Air Force Base, Idaho, that Maj. Andrea Matesick, now an F-15E weapons system officer and instructor with the 49th Fighter Training Squadron’s Introduction to Fighter Fundamentals at Columbus AFB, Mississippi, would reach out to the Air Force Sports program. This was when she discovered she could still be an F-15E Strike Eagle pilot and travel the United States competing in professional equestrian events.

“(The process) took me a while to figure out,” Matesick said. “But if you’re competing in an Olympic sport and you’re competing at a certain level, the Air Force will let you go compete for them.”

Matesick is only one of two Airmen that represent the Air Force in professional equestrian competitions, but her journey into competitive horse riding began at a much younger age.

“I was always like that weird horse kid, (I) absolutely loved horses ... if there was a horse on the side of the road, I would be like, ‘Oh I need to go give it carrots,’” Matesick recalled about her childhood.

She started attending horse camps while in elementary school and began competing in seventh and eighth grade. She continued to compete through high school and college until she enlisted in the Air Force in 1999 as a weapons director. During her first four years in the Air Force, she finished her college degree and then was selected for Officer Training School and went on to fly the F-15E.

While at Mountain Home AFB, she recalled finding out about the Air Force Sports program — more specifically the equestrian division — luck. The program’s equestrian division

offers riders a chance to compete in one of three categories; dressage, eventing and then Matesick’s category of show jumping. According to the program, there are also two people in the Air Force involved in modern pentathlon, in which horse jumping is an event. Since her involvement in the program, Matesick has been a big advocate for the program.

“There’s only a few of us,” she said. “It would be really neat to get more people, because I think there’s actually a lot of people that ride horses competitively in the Air Force and they don’t know about it.”

Since joining the program in 2013, Matesick said her riding has improved immensely, even more so in the past two years that she’s been at Columbus AFB. While stationed here, Matesick trains locally and also in Collierville, Tennessee, where she’s coached by Michael Tokaruk. Tokaruk owns and runs his namesake stables, where he and his team ride, train, show and sell horses all over the U.S. They also compete at regional,

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Leaders attend seminar in Germany

**Petty Officer 2nd Class
Deanna C. Gonzales**

DEFENSE MEDIA ACTIVITY EUROPE/AFRICA

RAMSTEIN AIR BASE, Germany — U.S. Air Forces in Europe and Air Forces Africa along with NATO Allied Air Command hosted senior enlisted leaders from across Europe at Ramstein Air Base, Germany, May 21-22, for the first biennial European Air Forces Senior Enlisted Leader Conference, a seminar designed to help enhance personal growth, increase interoperability and build partnership capacity.

Approximately 22 participants from 19 countries, including the United States, discussed readiness, professional military education, process improvement, recruitment, retention and force resilience. These attributes enabled them to combine their knowledge and experience to enhance the interoperability of command senior enlisted leaders.

“The main focus for this conference is command senior enlisted leader reflection,” said Warrant Officer Jake Alpert, NATO Allied Air Command-command senior enlisted leader. “It’s about how we lead our forces and about looking at our own resilience. When we talk about resilience, we tell people how to live their lives, but we don’t demonstrate it, so it’s important that we look at ourselves and communicate that.”

The theme for this year is “The 21st Century CSEL: Establishing the Future.”

“To be a CSEL in the 21st century and do things differently, we have to find creative ways to do it,” said Chief Master Sgt. Phillip Easton, USAFE-AFRICA command chief. “We want to make sure that we are challenging our Airmen and that we are using them and

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Yokota Airman earns Bronze Star

**Senior Airman
Gabrielle Spalding**

374TH AIRLIFT WING PUBLIC AFFAIRS

YOKOTA AIR BASE, Japan — Master Sgt. James Charles, 374th Aircraft Maintenance Squadron production superintendent, was presented the Bronze Star at Yokota Air Base, May 22, for his meritorious achievement as maintenance training advisor in support of Operation Freedom’s Sentinel while at Kandahar Airfield, Afghanistan.

“This isn’t a result of my actions, but those realized by the team of people I was lucky enough to be part of,” Charles said. “While in Afghanistan, I was fortunate enough to be assigned to an amazing team of diverse and talented folks.”

From Sept. 27, 2017, to Sept. 26, 2018, Charles was assigned to the 438th Air Expeditionary Wing. During this time, he operated outside of the coalition-controlled airfield, where he endured 19 indirect fire rocket attacks and was exposed to the threat of insider attacks.

While facing these pressures, Charles led a team of Afghan maintenance personnel, dedicating over 900 hours advising on Afghan aircraft fleets located in Kandahar.



U.S. Air Force photo/Senior Airman Gabrielle Spalding

Col. Todd Wydra, left, 374th Maintenance Group commander, pins a Bronze Star Medal on Master Sgt. James Charles, 374th Aircraft Maintenance Squadron production superintendent, during a ceremony held May 22 at Yokota Air Base, Japan.

Additionally, he took control as the program manager for the Defense Language Institute’s English as a second language training program, successfully training 79 Afghan students, to include

skill level upgrade of 48 Afghan maintainers.

His leadership and mentorship proved crucial, enabling the generation of tactical airlift and strike-capable aircraft for

more than 1,800 combat sorties, over 2,300 casualty evacuations, the recovery of over 880 human remains and contributing to the sustainability

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Studies at Academy put cadets at 'tip of the spear'

Ray Bowden

U.S. AIR FORCE ACADEMY PUBLIC AFFAIRS

U.S. AIR FORCE ACADEMY, Colo. — All those Air Force Academy graduates flying combat missions overseas?

If they're under 30, they were all students in a military and strategic studies class.

It's not just pilots who say they've benefited from these studies — its officers in more than 150 career fields across the Air Force.

"The Academy's Military and Strategic Studies department educates future Air Force officers in concepts of military strategy, contemporary operations and the integration of air, space and cyberspace power," said Dr. John Farquhar, an associate professor of military and strategic studies with a doctorate in American military history and a master's in U.S. diplomatic history.

"We prepare officers for

conflict resolution, the military aspects of international relations and for warfare," he said. "In short, we discuss current events and the military's role in providing our national leadership with policy options as well as discussing the military dimensions of the Air Force."

Farquhar is pleased the course work is part-and-parcel of the Academy's core curriculum.

"These studies directly relate to that mission and develop the identity of Air Force officers as servants of our nation and defenders of our way of life," he said.

Teaching from a Strategic Lens

Cadet 1st Class Nicholas Marron said MSS course work helps cadets form a strategic view.

"It shapes how cadets view the operational and technical aspects of our careers," he said.

"It's given me a lot of insight

into what is important and what the military prioritizes."

The "highlight" of Marron's MSS studies experience was creating an international wargame for his senior capstone project. This wargame has been integrated into the MSS core course, "airpower and joint operations strategy." It is the synthesizing event where cadets link theories and concepts learned throughout the course to innovative future operational planning and execution. They create strategies and plans to employ in the scenario and continuously evaluate their strategies based on their opponent's actions, he said.

Marron said the curriculum teaches cadets to view their Air Force specialties and Department of Defense planning and tactics from a strategic lens.

"Every officer should look at the strategic goals of their organization and create their own policy with that in mind," he said.

Two Academy grads and former MSS majors, Maj. Jake Lowrie and Capt. Garrett Shinkle, share Marron's view.

Shinkle, a 2014 graduate, commands the 721st Security Forces Squadron at Cheyenne Mountain Air Force Station, Colorado.

"Having the MSS degree has given me a better understanding of the 'why,'" he said. "I can better relay to my (security forces) the strategic reasons and importance of what they do. I'm extremely happy I majored in MSS and believe it's one of the more undervalued majors offered at the Academy."

Lowrie, a 2009 graduate, is an F-35 Lighting II instructor at the U.S. Air Force Weapons School at Nellis Air Force Base, Nevada.

"An MSS degree goes a long way in building a solid foundation and understanding of military operations and strategy," he said. "I apply many of the concepts discussed on a daily basis in class during large mission planning cells, during integration with joint and coalition partners, and in the development of new tactics and



U.S. Air Force photo/Dave Ahlschwede

Cadets walk to class in the U.S. Air Force Academy's Fairchild Hall Aug. 6, 2009. Cadets must learn to balance academic, military and athletic duties during their four years at the Academy.

strategy. The MSS major yields a number of opportunities cadets will later leverage as officers."

For cadets ambivalent about MSS and how critical it will be to their future careers, Farquhar said that once they graduate, they'll be at the "tip of the spear."

"I'd tell them, 'by wearing the uniform, you are already considered a combatant by our enemies,'" he said. "You're already a volunteer to defend our country. You may not see it now, but in a very short while, you will be living it daily."

Farquhar should know. He's a 1980 graduate of the Academy and former RC-135 Cobra Ball reconnaissance aircraft navigator with almost 5,000 hours of flight time under his belt.

"No one guarantees victory in war," he said. "It's our duty to be prepared. Our country expects us to be the best."

Farquhar's excited about the department's lean toward innovation, especially the planned cadet battlelab-next, a key research and learning laboratory of the department's Center for Airpower Studies.

"We're in the process of designing and constructing a cool combined flight simulator and an air operations center that will integrate aircraft simulators and remotely piloted aircraft with airborne warning

and control systems and air operations center command and control functions," he said. "It will give cadets an excellent introduction to the operational Air Force in both the tactical and operational sense, which in turn will inform the strategic level taught in our classrooms."

The future of the department is "bright," Farquhar said.

"We have an engaged, effective and enthusiastic faculty," he said. "We have excellent forward-thinking senior leadership and outstanding cadets who enjoy their courses and comradeship."

Lt. Col. Jeffrey Kaczmarczyk, MSS deputy department head, said the MSS curriculum has recently been updated.

"We want our MSS majors — our warrior-scholars — to explore the integration of military capabilities with other instruments of national power to address our national security issues," he said. "We engage, inspire, and empower our cadets. Utilizing the context of real-world problems brings relevance to class discussions; our cadets actively engage with strategic theories and frameworks and apply them to current military problems to reinforce learning."

Kaczmarczyk said the department's faculty and staff work to inspire cadets and

See CADETS Page 19



U.S. Air Force photo/Staff Sgt. Joshua Edwards

A U.S. Air Force F-15C Eagle assigned to the 194th Expeditionary Fighter Squadron, California Air National Guard, takes off while a Royal Australian Air Force F/A-18A Hornet taxis May 10 during Exercise Diamond Storm at Royal Australian Air Force Base Darwin, Northern Territory, Australia. Both aircraft completed bilateral flying operations together to enhance air cooperation.

Australian, US Airmen conduct bilateral ops

Staff Sgt. Joshua Edwards

PACIFIC AIR FORCES PUBLIC AFFAIRS

ROYAL AUSTRALIAN AIR FORCE BASE DARWIN, Australia — The California Air National Guard's 194th Expeditionary Fighter Squadron, Fresno, California, teamed up with several units from the Royal Australian Air Force to conduct bilateral training during Exercise Diamond Storm May 6-26.

Diamond Storm is an Australian Air Warfare Center-led exercise designed to enhance interoperability amongst allies and facilitate the introduction of fifth-generation capabilities into the Australian Defense Force.

"It's incredibly important to continue collaborating with one of our most trusted allies and show support in this part of the world," said U.S. Air Force Lt. Col. David Allamandola, 194th EFS program manager. "The Australians have created a phenomenal exercise that has increased both our levels of aptitude. Utilizing their unique airspace has highlighted different tactical problems we don't get to see on a regular basis. It's definitely a great opportunity to be with them, that we are

privileged to participate in."

This exercise, the last of a three-part series, also benefits as being a certifying criteria of the Air Warfare Instructor Course for the Australians.

"This is one of the most intense courses the (Australian Defense Force) offers to its candidates," said RAAF Wing Commander Scott Woodland, 2 Operational Conversion Unit commanding officer. "We are taking highly skilled F-18 pilots and taking them to the next level. It's been very challenging and very demanding with long hours, but ultimately, it gives great rewards."

The U.S. Air Force and RAAF want to continue to build on the benefits of this exercise through the Enhanced Air Cooperation initiative and conduct more frequent training together.

"Being able to integrate as a force, understanding each other's capabilities and limitations, and where we can utilize maximum effects with those capabilities is important," Woodland said. "Having the expertise that U.S. (Air Force) units bring to the fold also help develop our candidates as well."



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Forces join for Palmetto Challenge

Master Sgt. Scott Mathews
315TH AIRLIFT WING PUBLIC AFFAIRS

POPE ARMY AIRFIELD, N.C. — Reserve Airmen with the 315th Airlift Wing, along with their active duty counterparts assigned to the 437th AW and 628th Air Base Wing from Joint Base Charleston, South Carolina, participated in the Palmetto Challenge, May 21-23 at Pope Army Airfield.

Airmen trained on “real world” scenarios that could happen in a deployed environment when provided limited resources. For exercise purposes, there were two “deployed” locations, one at Pope AAF and the other at McEntire Joint National Guard Base, South Carolina.

Seven C-17 Globemaster IIIs were used during the exercise, six from JB Charleston and one from the 145th Airlift Wing, North Carolina Air National Guard Base.

“The intent is to access our joint base’s ability to execute our individual mission sets in a deployed environment without the established support we have at our home base,” said Capt. Samuel Weir, 437th Operational Support Squadron and



A Soldier assigned to the 82nd Airborne Division jumps out of a Joint Base Charleston, South Carolina-based C-17 Globemaster III during All American Week, May 23 near Fort Bragg, North Carolina. JB Charleston was able to include this mission as part of their Palmetto Challenge Exercise. Approximately 500 soldiers jumped out of five C-17s for the event.

one of the exercise organizers.

Reserve Airmen tasked for the multi-day event consisted of two aircrews, including

pilots and loadmasters with the 315th AW, and members of the 315th Aeromedical Evacuation Squadron, the

team participating in the exercise.

The missions for the aircrews included in-flight only aeromedical evacuation

See PALMETTO Page 19

Air Force receives satellite capability

**Secretary of the Air Force
Public Affairs**

ARLINGTON, Va. — In a memorandum dated May 28, Secretary of the Air Force Heather Wilson and Secretary of the Navy Richard Spencer announced the transfer of responsibility for future narrow-band satellite communications.

“To prepare for the future alignment of space programs, it is our intent to transfer responsibility for future narrow-band capability, beyond the Mobile User Objective System, from the Department of the Navy to the Department of the Air Force,” Wilson and Spencer said in the memo. “Completing this transfer now would be a prudent step toward consolidating space capabilities, consistent with Space Policy Directive-4.”

The president’s Space Policy Directive-4 directed the Department of Defense to submit a legislative proposal for the establishment of a Space Force as a new military service within the Department of the Air Force and this plan is to meet the president’s intent, the memo stated.

The transfer also address concerns raised by Congress and the Government Accountability Office about the alignment of major space programs. In the near future, all major defense satellite programs will be located within the Air Force budget and satellite communications will be developed as an integrated architecture.

The memo calls for the establishment of a working group that will report on the joint force requirements, required resources and identification of risk areas and mitigation for a successful transfer of responsibility.

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Projecting American power: Travis delivers airlift support



1) Capt. Justin Poole, 21st Airlift Squadron pilot, helps loadmasters chain down a cargo container on a C-17 Globemaster III May 25 in Bucharest, Romania. With more than 730 people deployed to Afghanistan, Romania is the sixth largest contributor of troops to NATO's Resolute Support Mission.

U.S. Air Force photos/2nd Lt. R. Michael Longoria

2nd Lt. R. Michael Longoria
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Three continents, eight countries and nearly 100 flight hours. This is just a snippet of how Team Travis projects American power, anytime, anywhere.

Specifically, this is how members of the 21st Airlift Squadron and the 860th Aircraft Maintenance Squadron conducted air mobility operations May 17-27.

"Our aircraft taking off is just the beginning of a mission," said Capt. Justin Poole, 21st AS pilot. "The cargo we moved could inevitably support operations for years. As an Air Force and an air mobility enterprise, we do this so well that it looks routine."

This C-17 Globemaster III crew, consisting of three pilots, two loadmasters and a flying crew chief, operated across the United States, Europe and Southwest Asia.

"The C-17 is the unity of strategic and tactical airlift," said Poole. "That's what our squadron does - we put these mission sets together and make them both happen because we are a highly capable aircrew flying a highly capable aircraft."

The first stop on the world tour, what the Airmen called their 10-day journey, was at Pope Army Airfield, North Carolina.

"The lines between services blur during missions," said Maj. Roger Gates, 21st AS pilot. "Everyone is just working together to make national policy a reality."

At Pope, loadmasters worked with the U.S. Army to load resources destined for the other side of the Atlantic Ocean.

The Army's equipment was purposely designed to be moved by the C-17, explained Lt. Col. Chad Harris, 21st AS pilot. "It was developed with our aircraft in mind."

The C-17 crew would return a few days later to transport more Army assets to an additional undisclosed location overseas.

"Our job is whatever it takes to project American power," said Poole.

Speed of action is one reason Air Mobility Command enables the president and the Department of Defense to deploy U.S. armed forces anywhere in the world within hours and help sustain them.

"AMC might not get enough credit for how joint we are," said Poole. "A lot of what we do is moving equipment and personnel for our sister services."

Not just American policy, the crew also supported NATO's Resolute Support Mission by delivering cargo from Bucharest, Romania, to Afghanistan. RS is the train, advise and assist mission made up of 39 contributing nations.

"The United States has unique airlift capabilities and our allies rely on us to take them to war," said Harris.

Flexibility is another important aspect of rapid global mobility.

"With new emerging threats, priorities for the U.S. can change on a dime, so we have to be ready for whatever comes up," said Poole. "And we are ready. We are ready because of our world class training and experience."

An unwavering sense of purpose helps the crew get through the long days.

"There is chaos in the world and being able to get critical resources where they need to be in a timely manner to make a difference is a great feeling," said Gates.

Poole added that it's the crew culture, in addition to mission satisfaction, which makes it all worth it.

"We put a group of relative strangers on a C-17 and told them to go execute operations around the globe," he said. "In the process, we became a family."

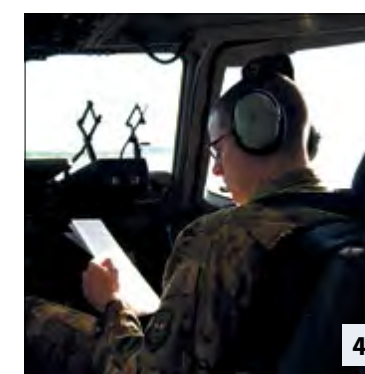
The crew returned to Travis approximately 240 hours, more than a third of which was in the air, after their initial takeoff with several missions completed.

However, their successes started before they even left thanks to efforts at home-station by every member of Team Travis.

"We are one gigantic Air Force family," said Gates. "Our trip had just a few Airmen on board, but it all wouldn't have come together without thousands of other Airmen doing a million little things to ensure these missions happened on time."

It's important that everyone understands how vital they are.

"Team Travis plays a huge part in the overall big picture," said Poole. "They don't just help get the plane in the air. They are helping ensure that critical resources get downrange on time to the warfighters that need them."



2) Staff Sgt. Andrew Torres-Cosme, 860th Aircraft Maintenance Squadron flying crew chief, checks the tires on a C-17 Globemaster III after landing May 21 at Pope Army Airfield, North Carolina. 3) A C-17 Globemaster III from the 60th Air Mobility Wing is parked near the flight line at the Henri Coanda International Airport May 25 in Bucharest, Romania. 4) Capt. Justin Poole, 21st Airlift Squadron pilot, runs a pre-flight checklist on a C-17 Globemaster III May 19 at Rota Naval Air Station, Spain.



U.S. Air Force photo/R.J. Oriez

Chief Master Sgt. Jennifer Hellwig, Air Force Materiel Command first sergeant, clears tree branches during recovery operations at Wright-Patterson Air Force Base, Ohio.

Wright-Pat begins recovery operations

**88th Air Base Wing
Public Affairs**

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Twelve houses were deemed uninhabitable after a tornado swept through the Prairies at Wright Field housing area May 27.

Working with the private housing contractor, base officials inspected all units to identify structural damage. Displaced families were directed to temporary lodging facilities to ensure they had a safe place to stay during recovery operations.

Workers, including an army of volunteers, toiled throughout the day to clear downed trees and debris that covered the area. By day's end, all roads had been cleared for traffic. In addition, electrical service was safely restored, including an inspection for any exposed or downed lines.

A boil advisory remains in effect. Water testing is expected to be complete May 29

followed by full restoration of service. In the meantime, residents are being provided bottled water at the Prairies Chapel Education Center.

The Prairies Child Development Center and Youth Center returned to normal operations on May 29 once power was restored and damage was sufficiently repaired to make the facilities safe for children.

A complete survey of Area A and Area B was completed with minimal damage including downed trees and debris. Airfield operations on Area A were suspended on May 28 until a thorough inspection of the taxiways and runways was completed, including the removal of 331 pounds of debris. Flight operations were declared safe early in the afternoon on May 28.

The Claims Center is being operated by the 88th Air Base Wing Legal Office in the Hope Hotel from 8 a.m. to 4 p.m. daily to assist Airmen who suffered personal property damage.

F-35s, Airmen from Hill deploy to Europe as package

**U.S. Air Force
Europe News Service**

HILL AIR FORCE BASE, Utah — The Air Force deployed one squadron of F-35A Lightning II fighter jets, Airmen and associated equipment to Aviano Air Base, Italy, from the 388th and 419th Fighter Wings, at Hill AFB, Utah, to participate in exercises and conduct training with other Europe-based aircraft as part of a Theater Security Package.

Funded through the European Deterrence Initiative, the TSP provides a more robust U.S. military rotational presence in the European theater capable of deterring adversaries and assuring partners and allies of U.S. commitment to regional security. The F-35s and members of the 421st and 466th Fighter Squadrons arrived at Aviano AB, May 24 and will remain in Europe for several weeks.

The 388th FW is the Air Force's first combat-coded, or operational, F-35A unit. This is their second deployment to Europe. The first was the 34th



U.S. Air Force photo/Micah Garbarino

F-35A Lightning II fighter jets, Airmen and associated equipment from the 388th and 419th Fighter Wings, at Hill Air Force Base, Utah, deployed to Aviano Air Base, Italy, to participate in exercises and conduct training with Europe-based aircraft as part of a Theater Security Package.

Fighter Squadron deployment to RAF Lakenheath, England, in April 2017. The 421st FS is the newest F-35A squadron and this is their first deployment with the multi-role stealth fighter.

"The entire 421st ops and maintenance team are extremely excited for this deployment," said Lt. Col. Richard Orzechowski, 421st Fighter Squadron commander. "As the final 388th Fighter

Wing squadron to transition to the F-35A, we've been able to leverage the experience of the 4th FS and 34th FS and take the squadron on the road just six months after getting our first jets. We are really looking forward to continuing the cohesion built with our allies and partners. It is a real privilege to get the seasoning, training and life experiences for our 388th and 419th FW Airmen."

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1) Maj. Gen. John Gordy, U.S. Air Force Expeditionary Center commander, left, presents a coin to Tech. Sgt. Jeff Marston, 821st Contingency Response Group quality assurance chief inspector, in recognition of his superior performance during a May 21 visit to Travis Air Force Base, California. During the visit, Airmen briefed the capabilities of their unit and showcased innovation projects. The 621st CRW is a unique bicoastal unit highly specialized in training and rapidly deploying service members to quickly open airfields and establish, expand, sustain and coordinate air mobility operations.

CRW

From Page 3

During the squadron engagements, Airmen briefed the capabilities of their unit and showcased innovation projects.

“We are really proud of all the great things that our Airmen are doing on a day-to-day basis to ensure that we lead from the front,” said Lt. Col. Troy Pierce, 821st Contingency Response Squadron commander. “In order to be really adaptive and responsive to the mission, we really embrace being adaptive and innovative in the squadron.”

Gordy encouraged all Airmen to continue to find ways to

adapt and innovate.

“We are innovators,” he said. “Keep sharing, keep working, and keep thinking ... think through those problems and what could make your job easier.”

Additionally, Gordy and Berg hosted an all-call during which they discussed current and future U.S. Air Force Expeditionary Center initiatives and recognized outstanding Airmen.

“We have to get back to our expeditionary roots,” Gordy said. “Adaptive basing and agile combat support ... We are going to be a big part of that, you all will be a big part of that.”

Before departing, Gordy and Berg expressed their appreciation and respect for all Airmen in the wing.



2) Maj. Gen. John Gordy, U.S. Expeditionary Center commander, right, receives a briefing from Staff Sgt. Malcolm Mullen, 921st Contingency Response Squadron security forces, May 21 during Gordy's visit to Travis Air Force Base, California. During the visit, Airmen briefed the capabilities of their unit and showcased innovation projects. The 621st CRW is a unique bicoastal unit highly specialized in training and rapidly deploying service members to quickly open airfields and establish, expand, sustain and coordinate air mobility operations.

Cadets

From Page 10

empower them to take responsibility for their learning.

“Our goal is to have cadets excited about the material, who want to explore the topics, are critical thinkers and want to become lifelong

learners,” he said. “Their excitement drives their learning.”

Col. Thomas Swaim was confirmed as permanent professor and head of the MSS department in October 2018.

“We build warriors for our nation, plain and simple,” he said. “This department is all about partnering with our future leaders as they learn to be lethal military problem solvers.

It’s critical our graduates be familiar with the historical and theoretical context of military strategy and operations, know the political-military framework in which they’ll serve our nation, and have a very comprehensive understanding of the joint air, space and cyberspace warfighting instruments and processes that they’ll use to counter enemies and problems that we can’t even yet imagine.”

Palmetto

From Page 12

refueling, cargo airdrops and to be part of six C-17s airdropping nearly 500 Soldiers assigned to the 82nd Airborne Division and heavy cargo near Fort Bragg, North Carolina.

“It was great to be able to participate in such a complex exercise with actual jumpers and simulated threats while pairing with active duty,” said Lt. Col. Mike Parker, 315th Operations Support Squadron commander and aircraft commander for one of the Reserve operated C-17s used for the exercise. “Ninety-six of the nearly 500 82nd Airborne Soldiers jumped out of our jet.”

Parker went on to say everything went very smooth for the jumpers, as did the other parts of the exercise,

including the aerial refueling with a KC-135 Stratotanker and multiple aircraft cargo drop over a specific landing zone. It was important to “hit their mark” when airdropping cargo and it takes extensive coordination from the pilots and loadmasters to be successful.

For the aeromedical evacuation scenario of the exercise, Airmen with the 315th AES were flown by another 315th AW Reserve aircrew on a C-17 to a semi-prepared, dirt field (simulated deployed site) to pick up patients who needed to be treated and transferred to another location.

“When the (aeromedical evacuation) crew was on the flight, they didn’t know what to expect, just to be ready,” said Master Sgt. Gregory Gaines, 315th AES. “About 10 minutes out from landing, they learned the number of patients and their conditions.”

Three training mannequin patients were secured to litters and

“We don’t want anything bad to happen, but if it does, we are ready.”

— Master Sgt. Gregory Gaines

carried onto the aircraft by the 315th AES ground crew that had already begun treatment of patients while on the ground. The aeromedical evacuation members had to determine proper placement and elevation for the simulated patients based on injuries, and were then prepared for flight and treated while in the air.

“This is why we do it. This group of professionals is 100 percent prepared,” Gaines said. “We don’t want anything bad to happen but if it does, we are ready.”

Program

From Page 6

experiences through working with Joint and international partners.

Finally, under a new mentorship construct, Phoenix Horizon officers will be mentored by the senior Mobility Air Force officer at the wing level.

In response to requests from officers for increased timing between assignment notifications and report dates, AMC has adjusted the timeline to match the newest Air Force Officer Assignment System timelines.

Phoenix Horizon applications can be submitted to AMC/A1KO (amc-a1ko@us.af.mil) by June 28 to meet the Phoenix Horizon Board scheduled for July 11-12.

“Phoenix Horizon is an Air Force benchmark for its ability to grow experts in the Mobility Air Force and produce exceptional joint leaders,” said Brig. Gen. Darren James, AMC Operations, Strategic Deterrence and Nuclear Integration director and Mobility Air Force Development Team Chair. “The program targets high-performing junior officers in critical career fields. We aim to deliberately develop them for senior leadership opportunities in the Air Force and joint community.”

Mobility Airmen with questions about the Phoenix Horizon program should talk to their leadership, AMC/A1K, or reference the Phoenix Horizon program expansion PSDM published by AFPC.



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Senior enlisted leaders from across Europe participate in a leadership reaction course May 21 during the first European Air Forces Senior Enlisted Conference. Participants from 19 countries, including the United States, discussed multiple topics to help enhance personal growth, increase interoperability and build partnership capacity.

U.S. Navy photo/Mass Communication Specialist 2nd Class Deanna C. Gonzales



Leaders

From Page 9

their innovative minds and talents, and using the technology we have to make sure that we continue to be the greatest Air Forces for our nations that we can be.”

Along with leadership reflection, another focus of the conference was building relationships and working closely with our NATO allies and partners for peace.

“We are living next to each other in Europe and we are dealing with almost the same problems, and maybe I have a solution, maybe someone else has a solution to their problem that helps, so to be connected, to have a peer that I can call on, that is what is important,” said Chief Master Sgt. Zsolt Berek, chief master sergeant of the Hungarian Air Force.

“I think it’s a great opportunity for people to get together, but the most important thing is it’s about creating that

network as well because we all have different challenges as we move forward in the future,” Alpert said.

Chief Master Sergeant of the Air Force Kalet O. Wright hosts a worldwide Senior Enlisted Leader International Summit every other year and the European Air Forces Senior Enlisted Leader Conference is expected to meet in the off year to provide more frequency of training and focus more on European issues.

Leard

From Page 2

change? Pursuits that positively affect our communities, cities, nation or our planet?”

Gen. David Goldfein, Air Force Chief of Staff, recently challenged incoming wing and group commanders to make change, saying he doesn’t hire commanders to tread water. It was a fundamental call to make change and improve our units and our service. To envision a better future and go after it.

Some will doubt the power or necessity of a bold vision, instead preferring to focus on the processes that ensure the here and now. While we absolutely need to be successful today and tomorrow, a bold vision is about inspiring the innovators, change agents, and futurists who are frustrated with the here and now, and gravitate toward how things could and should be.

Our service often holds up Brig. Gen. William “Bilby” Mitchell for his revolutionary ideas about airpower. He

wasn’t inspired to simply solve the tactical flaws of trench warfare. He was inspired by a bold vision to fundamentally change warfare from a tactical struggle on the ground to a strategic imposition of our nation’s will through the air. His vision indelibly changed warfare.

Every organization has its proverbial trench warfare. Does your vision inspire Airmen to strategically improve the organization or are you simply enlisting Airmen to be the next wave of recruits within your trench? In our here and now, your Airmen will not stay in the trench for long.

I think we all agree that our mission to project American power is indispensable, but that by itself doesn’t make it inspirational. That’s the role of leadership. It’s our role to inspire and empower our Airmen with a vision of the future.

Be bold and undeterred by those that only find the impossible. Seek to inspire those that have a bold vision and only see all that is possible. For those Airmen, the future must be an amazing place. I can’t wait to meet them there.

Technology

From Page 8

algorithms and scans the digital terrain around an aircraft’s current and projected area to initiate an automatic recovery at the last instant to avoid a ground collision when needed.

Auto-GCAS saves pilots’ lives by preventing the most common reason for crashes: Controlled Flight Into Terrain. According to Air Force statistics, CFIT is responsible for 75 percent of all F-16 crashes. The leading causes of CFIT are spatial disorientation, target fixation and G-force induced loss of consciousness.

Mark Wilkins, a senior aviation safety analyst for OSD personnel readiness and safety praises the “entire team and their commitment and dedication to saving lives through this revolutionary technology.” He described this award as “deeply humbling considering the aviation greats who won previously.”

Since being fielded on F-16 Block 40/50 aircraft in 2014, Auto-GCAS has saved seven aircraft and the lives of eight Air

Force pilots. Today, more than 600 F-16 Block 40/50 aircraft have the capability. Development efforts are in the works to field the system on an additional 330 Pre-Block 40 aircraft in 2021.

In April, the 412th Test Wing at Edwards AFB, recommended that Auto-GCAS be fielded on the F-35 following a series of flight tests. The Pentagon estimates that this technology will potentially save 40 pilots as well as 57 F-16s and F-35s through 2040.

Greg Principato, NAA president and CEO, said that Auto-GCAS is “a game-changing advance in safety that has already changed military aviation and can one day change the game for everyone.”

The NAA committee, comprised of 30 aviation and aerospace professionals, selected Auto-GCAS over 10 other nominees.

The Collier Trophy, which is on display at the Smithsonian National Air and Space Museum, will be presented during a formal ceremony on June 13, in Washington, D.C.

PTSD

From Page 5

toll on him, and as a result he began suffering both physically and mentally.

“During the beginning of my counselling I realized I had become paranoid. I thought everyone was out to get me,” he exclaimed. “That was hard to deal with, because you’re fighting with yourself – you’re not fighting facts but with made-up stuff that’s in your head.”

The Mental Health Clinic at Holloman Air Force Base worked with him on getting past the irrational thoughts of not trusting his own personal decisions or trusting others. The providers helped him realize the decisions he made during his deployment were good.

“But I realized this was not all manufactured in my own head – people do want to hear about the experiences I went through – to help them figure out how they can be resilient and get the hard stuff done.”

The development of PTSD can be brought on by the exposure to death, serious injury, sexual violence or some other traumatic or stressful experience. Individuals may be exposed to these traumas through their job, by witnessing them or by experiencing them firsthand.

According to Santiago, while there is still a stigma to get help, more individuals are

seeking the support they need than when they were 20 years ago.

“If I have an Airman approach me with a concern, I now encourage them to go and seek help and not to be afraid of the unknown,” Corvin said. “The outcome of my 12-step program was greater than I anticipated.”

Now recently retired, the time has finally come for him to let go of the reins and hand over the responsibilities to someone else. As a side-effect of his PTSD, Corvin said he had also been dealing with control issues, and described how letting go and having faith in another person’s ability to take care of the unit has been difficult – but he’s coming to terms with it.

“In all of this, faith and family are the two things that have kept me going,” he said. “While I tried to be strong, back then I wasn’t able to seek the help I needed. But, my faith was stronger – when I was asking for help, the Lord stepped in and became my sword and my shield. He made me realize I needed the help of a team – my family was that team, and they pushed me to seek the professional help I so badly needed. I’m much stronger now, thanks to my wife and daughter and now I get to spend the time with them that they deserve. We can finally look forward to the future as a family, now that I’ve received the strength and clarity after the 12-step program.”

Bronze Star

From Page 9

and capability of a fleet with a combined value of over \$249 million.

“It was a long year full of frustration and fulfillment,” Charles said. “Because of the team and our shared mission, I was able to walk away with an experience that opened my eyes as to why we’re still in Afghanistan and how we’re moving forward.”

Since after Dec. 6, 1941, men and women who served in any capacity in or with the U.S. military, have been awarded Bronze Star Medal; distinguishing themselves by their heroic or meritorious achievements or service. Charles is now among the men and women who have been recognized



U.S. Air Force photo/Senior Airman Gabrielle Spalding

Master Sgt. James Charles, 374th Aircraft Maintenance Squadron production superintendent, speaks about receiving the Bronze Star Medal during a ceremony May 22 at Yokota Air Base, Japan.

for their honorable contributions to the missions of the U.S. military. “Receiving this decoration is both an honor and a privilege,” Charles said.

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Saddle

From Page 8

national and international shows at the Grand Prix level.

Tokaruk, who has coached Matesick for the past year and a half, said one of the things that makes her stand out is that she's a "self-starter," and very detailed oriented.

"She has a special level of dedication and ovation," Tokaruk said. "She's consistently wanting to improve and is striving for perfection, which is really a never ending pursuit in this sport."

He also said he has noticed Matesick's love for the day-to-day stuff of taking care of the horses, and her genuine love for the horses is evident.

Matesick said some mornings she'll be out in the barn at 4 a.m., taking care of her horse and getting a ride in before she has to fly in the afternoon; or, it can be the other way around, when she has to fly early, then she'll be out in the barn until the sun goes down. Whether it be early mornings or late evenings, Matesick said she doesn't mind it at all.

"I'll have horses till I'm old and someone has to wheel me out to the stall," Matesick said. "If I couldn't ride, I would still be involved somehow with the horses."

This love and care is also important in getting the most out of her partners.

They need to be well taken care of in order to keep up with the high athletic demands of show jumping. Matesick typically jumps twice a week, helping keep her eyes keen and saving the horse's legs for competitions. Other days, she conducts fitness workouts with the horses, which helps keep them in tip-top shape.

Communication between Matesick and her horse is also crucial and according to her, one of the most challenging aspects. The Introduction to Fighter Fundamentals instructor pilot said it's not at all like flying an airplane.

"You put an input in (an airplane) and 99 percent of the time it's going to react the way an airplane is supposed to react," Matesick said. "Horses, not so much. So, depending on what they're feeling like that day, you know, you put an input in and they're like 'no we're not going to do it that way, I want to do it this way.'"

Persuading a 1,200-pound animal that dictates 100 percent of the movements and jumps can be hard, but it's why Matesick trains and it's what she loves doing, to the point in which she aspires to ride for the United States Olympic team one day.

This dream could also not be far from reality as Matesick's success continues to further. In 2016, she was the Air Force's female athlete of the year runner up. Earlier this year, she placed in the top 10 and top five in several competitions in the Winter Equestrian Festival in Wellington, Florida, one of the biggest and most notable equestrian



U.S. Air Force photo/Tech. Sgt. Christopher Gross

Maj. Andrea Matesick stands with her horse, Calvin, inside Tokaruk Show Stables April 10 in Collierville, Tennessee. Matesick is an F-15E Weapons System Officer and WSO instructor with the 49th Fighter Training Squadron's Introduction to Fighter Fundamentals at Columbus Air Force Base, Mississippi, and is one of two athletes in the Air Force Sport program's equestrian division, in which she competes in show jumping.

competitions in the United States.

However, most recently, she won NAL/WIHS Adult Jumper Classic at the Brownland Farms Spring II Horse Show in Nashville, Tennessee. The prize

money awarded for her win, and any previous wins, go toward entry and stabling fees at the show, anything left over goes back to the Air Force Sports program.

1) Senior Master Sgt. Matthew Fisher, 70th Air Refueling Squadron boom operator, briefs a group of Reserve Officer Training Corps cadets on refueling operations May 23 at Travis Air Force Base, California. Twenty-one Air Force ROTC cadets visited Travis for close to three weeks to gain a better understanding of the operational Air Force. 2) Cadet Nicholas Dintino, a student from Saint Lawrence University, New York, left, and Cadet Drake Paden, a student from Southern Illinois University, sit in the flight deck of a KC-10 Extender during an air refueling mission May 23 out of Travis. 3) A KC-10 refuels another KC-10 during an orientation flight with the cadets May 23 out of Travis.

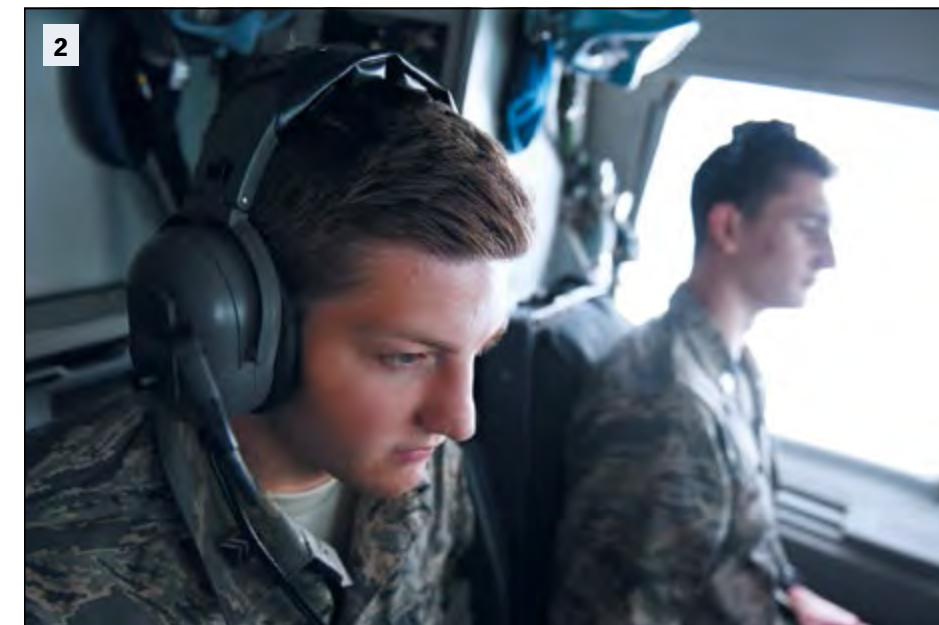


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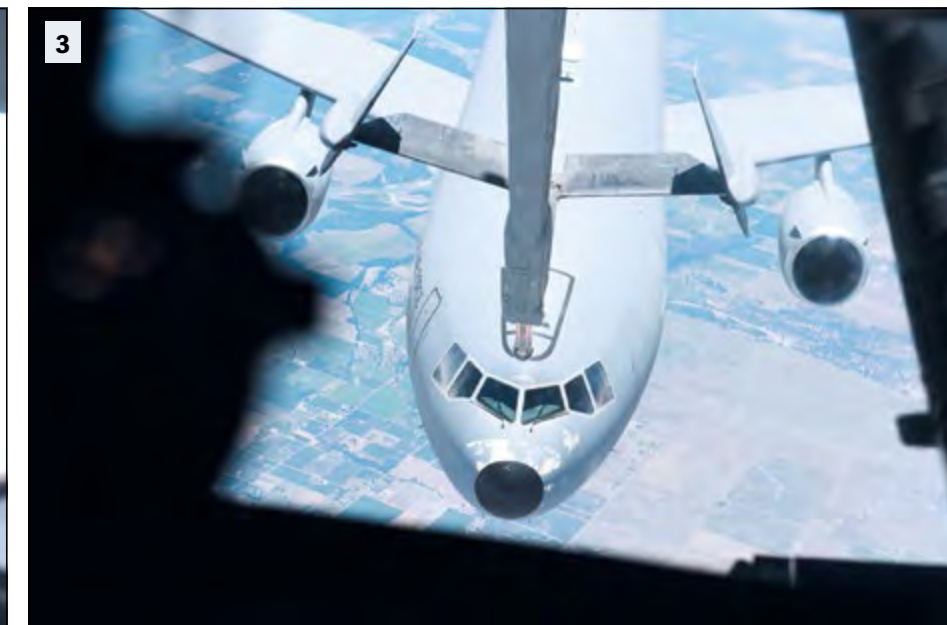
EXTENSION

Cadets expand their knowledge on KC-10 flight

U.S. Air Force photos/Airman 1st Class Cameron Otte



2



3

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