

Taking time to recharge revitalizes Airmen

Commentary by Lt. Col. Scott Zarbo 821ST CONTINGENCY RESPONSE SUPPORT SQUADRON

2 TAILWIND

an you believe we are almost halfway through 2019? It seems like only vesterday we were ringing in the New Year. Now, here we are staring down the second half of it, and before we know it, 2020 will be here.

How does time seem to go by so fast? It's easy. The mission capabilities and skill sets possessed by the Airmen of Team Travis make us a go-to choice to tackle existing and emerging global requirements. It's a demanding job, and no matter what is asked, you always deliver. This leads to a high operational tempo and

time flies by.

The dedication I have seen from our Airmen is one of the many reasons why I am proud to be a member of this team. However, as we arrive at the mid-point of the year, on top of all you have accomplished, it's important to take a break and invest in yourself and your family.

One of the greatest benefits of being in the military is the allocation of 30 days of leave each year. However, often times, it can be easy to get caught up in the fast pace of operations and not capitalize on this time off to recharge. We find ourselves with tunnel vision in the drive to get past one mission hurdle before we will take time off and rest. Then,

Commander's Commentary

inevitably, once that hurdle is cleared, another mission challenge presents itself, further stalling our departure. I have been guilty of this too.

This can lead us to sub optimal options for leave utilization and the rejuvenation it provides. One option is carrying leave greater than 30 days across the fiscal year only to increase the challenges of quality utilization before the risk of losing it the next year. The second option finds us taking leave at undesirable times. Lastly, is the situation where one waits so long they lose their leave

days at the end of the fiscal year due to mission requirements. Each of the above represents lost opportunities to make the most of the time to families.

Despite the fast pace of operations at Travis, we as leadership teams want you to make time for your leave. Operational requirements can be demanding on both you and your families. We experience it, as well. Even the strongest need a break from time to time to stay on top of their game.

There are many benefits to taking a good block of leave periodically. It allows you to get away, decompress, rest-up and reconnect. We are all human and every one of us needs a moment to take a knee at some point or else we risk going down when our teams need us most

JUNE 7, 2019

If you've gotten caught up in rest, recharge and invest in our the ops so far this year without a break, it's not too late. Make sure you take a breather and that those you lead are as well. Take a look at your leave balance and the calendar. Learn what time-off options are available and discuss them with your family. Give your leadership a heads-up of the leave dates you are looking at so they can plan ahead. Then go have fun and recharge. We look forward to getting you back rested and sharper than ever. There is still the second half of the year to go and the nation is counting on us.

JUNE 7, 2019

U.S. Air Force's best.

achievements.

ments'

ments

with an open mind."

al level.



Service means more than just wearing uniform

Commentary by Chief Master Sgt. Todd Farlee 821ST CONTINGENCY RESPONSE SUPPORT SOUADRON

tell a story everywhere I go and let people know who you are and what you are about. I showcase your career field, what organization you belong to and how long you have served. I also proudly display which wars or campaigns you have served in and show off your last name.

Service members young and old put me on for special occasions. Some people like

Chief's Commentary

to show me off in Veterans Day parades, while others put me on at Memorial Day observances. I let the world know you are part of something bigger than yourself and vou are not just an individual, but someone who comes from a long line of tradition.

When worn, I instill a sense of belonging and pride. My presence represents a way of life that few have chosen to pursue. Most people don't truly understand what I stand for.

For the chosen few who have earned the right and privilege to wear a military uniform, they will go through many phases of understanding and acceptance as to what it means for them to wear the uniform. In time, they learn the significance of the uniform and understand that it's an honor to represent a specific set of values and symbolize the defense of a nation, esprit de corps and service to the United States of America.

Early in my career. I was shaped by great leaders who instilled pride and taught me how to wear the uniform and serve with honor. Wearing the uniform has truly been an honor for the last 27 vears. As military members, we represent those who have come before us and are charged with shaping the next generation. It is a herculean feat that cannot be taken lightly, and to top it off, it's a no-fail mission.

In choosing the military as a lifestyle, we volunteer to live our lives by a higher standard that most can't even imagine. So, the next time you put your uniform on, think about why you do it and who you are doing it for.

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On the cover

A KC-135R Stratotanker from Kadena Air Base, Japan. prepares to refuel an F-15C **Eagle from Nellis Air Force** Base, Nevada, during Northern Edge, May 16 over Alaska.

U.S. Air Force photo/Staff Sgt. Micaiah Anthony

Tailwind Travis AFB, Calif. | 60th Air Mobility Wing Air Force Col. Jeff Nelson Tech. Sgt. 60th Air Mobility Wing commander James Hodgman Command information 2nd Lt. R. staff writer Michael Longoria Airman 1st Class Officer in charge of Ionathon D. A. Carnell command information Command information Tech. Sgt. Traci Keller staff writer NCO in charge of command information Daily Republic

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Manpower Flight named best in Air Force

Airman 1st Class Jonathon D. A. Carnell 60TH AIR MOBILITY WING PUBLIC AFFAIRS

The Manpower and Organization Flight won the Force Support Capabilities Award for 2018, crowning them the

The flight, which is part of the 60th Force Support Squadron, was recognized for validating 1.300 manningpositions and \$114 million worth of contracts to uphold Travis' mission needs and requirements, among other

"Travis is a busy place," said Bill "Doc" Bowers, manpower flight chief. "Travis' mission is nonstop and our job is to ensure Travis has the correct number of staff to meet mission require-

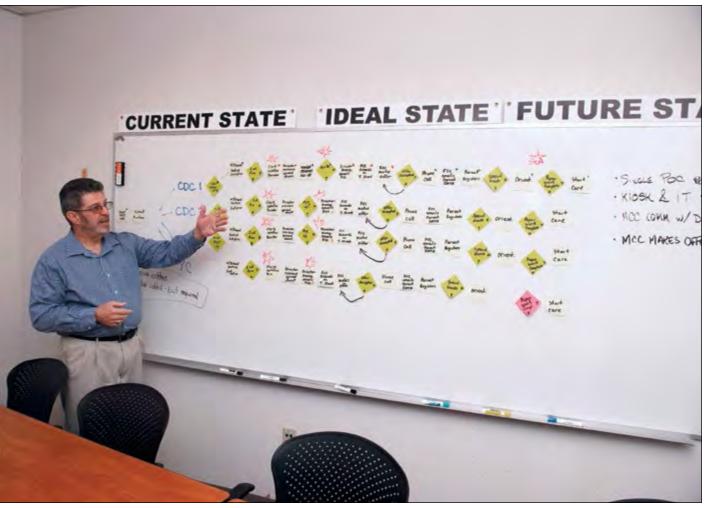
It takes the combined effort from this team to accomplish its mission of fulfilling and managing all 60th Air Mobility Wing active duty and civilian positions. "Our team has a similar mindset," Bowers said. "We have a job to do and we will see it through in support of our commanders, Airmen and civilians."

The manpower flight serves as a resource for commanders looking for ways to meet their mission require-

"We give relevant and useful information to the commanders," said Robert Marquez, manpower analyst. "If we aren't providing relevant advice to commanders, we aren't doing our job right, so we make sure we look at manpower

The flight takes its job to a person-

"There hasn't been a day of regret



U.S. Air Force photo/Airman 1st Class Jonathon D. A. Carnell

Steve Longino, 60th Force Support Squadron Continuous Process Improvement manager, describes CPI's mission May 20 at Travis Air Force Base, California, The flight was recently awarded the Force Support Capabilities Award for 2018. The flight filled 1.300 positions that were valued at \$114 million to uphold Travis' mission needs and requirements.

the work I do and the team I work with. accurately quantify data." With previous experience in aircraft since I decided to cross-train into man- maintenance, I was able to contribute ger Cadua, manpower analyst. "I love world thus providing various inputs to build other teams has been rewarding.

power," said Senior Airman Jonnero- some knowledge into the manpower and said being a part of a team that helps

"The folks I work with are awe-Cadua has worked in manpower for some and I am blessed to have them," the past 20 months of his Air Force career Cadua said. "The training, mentorship

See MANPOWER Page 22

Name: Hometown: Family: Airman 1st Class Providence, Rhode Island, Fiancé. Kvrie. Halle J. Lessa. Time in service: What are your hobbies? Unit[.] Baking and reading. Four years. 60th Force Support What are your goals? What is your greatest Sauadron. Earn a Community College of the achievement?

Duty title: Sports manager. Air Force degree and start a bakery.

First in my family to join the military.

621st CRW greets new leader

Tech. Sgt. Luther Mitchell 621ST CONTINGENCY RESPONSE WING PUBLIC AFFAIRS

JOINT BASE MC-GUIRE-DIX-LAKEHU-RST, N.J. — The 621st Contingency Response Wing welcomed their new wing commander, Col. Douglas Jackson, in an assumption of command ceremony here May 30.

Maj. Gen. John Gordy, the commander of the U.S. Air Force Expeditionary Center, the Air Force's Center of Excellence for Rapid Global Mobility and expeditionary Agile Combat Support training and education, presided over the ceremony.

Gordy began the ceremony by thanking the crowd in attendance, which included base and community leadership from Travis Air Force Base, California, and Joint Base McGuire-Dix-Lakehurst. New Jersev.

"What a great day to be here with the men and women of Joint Base McGuire-Dix-Lakehurst, and the 621st CRW, as we welcome a new command team to the base," Gordy said. "I'm truly honored and humbled to preside over this ceremony today, and to place the incredible privilege and responsibility of command in the hands of a top notch seasoned mobility Airman."

Gordy thanked Col. James Hall, 621st CRW vice commander, who stood in command of the official formation.

"Col. Hall and Chief Jenkins, thank you for your leadership of the 621st CRW," he said. "I rest easy knowing that your steadfast support to the families and the Airmen of the 621st is the backbone of our ability to accomplish the mission."

The 621st CRW is a geographically separated wing made up of approximately 1,500 Airmen with a unique



U.S. Air Force photo/Tech. Set. Luther Mitchell

Col. Douglas Jackson, right, assumes command of the 621st Contingency Response Wing during an assumption of command ceremony May 30 at Joint Base McGuire-Dix-Lakehurst, New Jersey, Mai. Gen. John Gordy, U.S. Air Force Expeditionary Center commander, presided over the ceremony.

missions, 11 in support of

Operation Inherent Resolve

in Syria, Kuwait, and Qa-

mission to build partnerships, strengthen the joint force, and mobilize the fight anytime, anywhere in the world.

from the tar, and five missions in sup-Airmen CRW have completed 135 port of Operation Freedom

missions, consisting of 27 Sentinel in Afghanistan exercises, 108 real-world since March 2018.

Gordy praised Jackson as the right choice to lead the wing and charged him for the challenges he will meet See LEADER Page 30

Commentary

JUNE 7, 2019

Tips for riding with strangers

Editor's note: The name Sara is a fictitious name used to protect the privacy of the individual mentioned in this story.

ara climbed into the backseat of a sport un-ity vehicle unaware of backseat of a sport utilwhat's happening around her. After a night of drinking at a bar in Vacaville, California. she requested a ride home through Uber. Before entering the vehicle, she failed to confirm who the driver is and whether or not she was entering the right car. She was completely unaware of her surroundings.

10 10

I know all this because I was Sara's driver that night.

During the 30-minute trip to her residence in Commentary Winters, Calby Tech. Sgt. ifornia, I had James to pull over twice so Sara Hodgman could throw 60TH AIR MOBILITY WING PUBLIC up. A little af-

ter 2 a.m. on AFFAIRS a Saturday morning, we arrived at her house and came to a stop near a curb approximately 60 feet

from her front door. "Have a good night," I said. "Thanks," Sara replied as she stumbled out of the vehicle.

Before driving off, I noticed Sara wasn't walking toward her front door. For some reason, she was wandering into traffic. I quickly rushed to her and escorted her to her

"Just vour driver," I replied. "I want to make sure





3-18.

course.

sive one-day savings.

front door.

"Who are you?" she asked. you are safe."

I have been a driver for See RIDE-SHARING Page 27

CRW works with Belize in air, land, sea

1st Lt. Ashlyn Asipauskas 571ST MOBILITY SUPPORT ADVISORY SQUADRON

The 571st Mobility Support Advisory Squadron conducted the first-ever air, land and sea training mission with the Belize Air Wing, Belize Defence Force, and Belize Coast Guard from May

The MSAS mobile training team's goal was to enact, change and build capabilities for each of the three Belizean forces, while building partner nation relationships. The team accomplished this by conducting various training courses, including an aircrew flying hour program, an aircraft scheduling program, a tactical first aid course, an aircrew flight equipment program management course, a hands-on radio course, and an information technology principles

Air advisors conducted a high frequency radio communications course with the Belize Coast Guard, which culminated in a Joint Maritime Exercise, the first of its kind performed in the country. Multiple scenarios were held at sea to allow the students to demonstrate the communications skills they had learned during the course. Throughout the duration of the exercise, the students made multiple radio calls to land-based assets, while their instructors stood by, on-board, and ready to assist.

"Conducting realistic. scenario-based exercises while in the real-world operating environments of our students is crucial not only to demonstrate the skills they learn in the classroom, but to build student confidence, and showcase the capabilities of the equipment," said Master Sgt. Kevin Stewart, 571st MSAS air advisor.

Petty Officer 3rd Class Andrew Moody, member of the Strike Team from the Belize Coast Guard, described how this training provided them with the tools for future mission success.

"The ability to utilize the radios to communicate to headquarters is essential while conducting our maritime interdiction and rescue missions," Moody said. "The techniques we practiced during this exercise will definitely lead to safer operations at sea."

The IT principles course led by MSAS air advisors introduced the students to various types of cyber-attacks and malware that can negatively affect information systems if not properly secured. They also introduced techniques and policies to help to instill a stronger cyber defense mindset while using information systems in the future.

"You've provided us with valuable, much appreciated information, perspective,



Air advisors from the 571st Mobility Support Advisory Squadron and partner nation students participate in a medical exercise using moulaged patients during a mobile training team mission in Belize. The 571st MSAS conducted the first-ever air, land and sea training mission with the Belize Air Wing, Belize Defence Force and Belize Coast Guard from May 3-18.

and insight which I hope we professionalism and exper- forces," said Tech. Sgt. Joe Force Corporal Richard Arthe BDF IT Department.

can build upon in the near tise of the MSAS members. future." said Belize Defence Our SMEs [subject matter experts] were able to adapt nold, second in command of to a variety of equipment and personnel challenges while "Overall I think this working with three elements mission demonstrates the of the Belizean military build stronger capabilities."

Wruck, MTT team sergeant. "Upon MTT completion, every student, no matter what branch of service, was effectively challenged to make changes that will ultimately

AAFES offers savings June 14 in honor of Army birthday

Lorraine Harris Ortega

ARMY & AIR FORCE EXCHANGE SERVICE

Mark your calendar for June 14, the United States Army turns 244 years old, and the Army and Air Force Exchange Service is celebrating by offering exclu-

service members and their families can: • Save 10 cents on every gallon of gas with their Military Star card at Exchange fuel locations.

• Save 15 percent at Exchange restaurants with Military Star.

• Save \$10 on a purchase of \$25 or more from any Exchange mall vendor Travis Army and Air Force Exchange with Military Star. The coupon required MILPRIDE19.

for this offer can be found at the customer service desk.

• Save 20 percent on select tactical gear June 14 through 20. Plus, save an extra 5 percent with Military Star on select tactical gear exclusively at ShopMyExchange.com, valid June 14 and 15. Use case-sensitive online code

"The Exchange joins the country in wishing the Army a happy birthday," said Phonda Bishop, Travis Exchange general manager. "We are privileged to serve the military community every dav.

Shoppers can visit the Travis Main Army and Air Force Exchange webpage for more details.

TRAVIS

Cardiothoracic ICU nurses train at UC Davis



6 TAILWIND

Col. Beth Dion, left, 60th Inpatient Squadron commander, delivers remarks during a tour of the surgery center April 17 at David Grant USAF Medical Center at Travis Air Force Base, California. Registered nurses from North Bay Healthcare Medical Center and the University of California Davis Medical Center toured several departments at DGMC. including the intensive care unit, emergency room and hyperbaric oxygen treatment chamber. The group also visited a C-17 Globemaster III aircraft for a patient transport demonstration.

Merrie Schilter-Lowe 60TH AIR MOBILITY WING PUBLIC AFFAIRS

Within moments of being moved from the operating room to the cardiovascular intensive care unit, the 62-year-old heart bypass patient bolted upright into a sitting position clasping his chest.

Surgical patients sometimes experience incision pain, but 1st Lt. Jacob Bohanan, 60th Medical Group at Travis, sensed this was something else. Bohanan quickly checked the electrocardiogram reading and realized there was definitely something wrong. The patient was rushed to the catheterization laboratory where doctors at the David Grant USAF Medical Center discovered that one of the vessels had kinked. Minutes later, the patient was back in surgery for the repair.

"A kinked vessel is rare, but the mortality rate is about 90 percent, especially if you don't act quickly," said Capt. Susanna Pruangkarn, 60th MDG cardiothoracic ICU nurse. "I credit Lieutenant Bohanan for not passing this off as increased pain that the patient needed more pain medication for."

Because of Bohanan, the patient was released from the hospital a week later with no complications, said Pruangkarn.

Cardiothoracic intensive care nurses are adept at noting subtle changes in a patient's hemodynamics that could lead to serious complications. They also need quick reflexes to spot and prevent potential problems and the ability to remain calm in stressful situations. That's one reason the David Grant USAF Medical Center is sending its CTICU nurses to the University of California Davis Medical Center in Sacramento, California, for additional training.

Bohanan, who is currently deployed, completed a three-week orientation at UC Davis about a month before the incident with the heart patient. He knew the patient was in trouble because he had witnessed a similar incident at UC Davis.

"CTICU nurses at UC Davis complete a six-month orientation," said Pruangkarn, former lead for the CTICU orientation program. "We don't have that amount of time so we send our nurses to UC Davis for three weeks and then train them on three to five (patients) to complete their orientation.

"Our heart nurses have to be extremely motivated to study on their own. That's why they are hand-picked," said Pruangkarn. "We want someone with See TRAIN Page 26

– SELF STORAGE —— ★ MILITARY SPECIAL



Commissaries offer savings on supplies

Kevin L. Robinson DEFENSE COMMISSARY AGENCY PUBLIC AFFAIRS SPECIALIST

FORT LEE, Va. — When a bad storm approaches, there are two types of people: Those who are prepared and those who aren't.

Commissary patrons can choose to be ready and use their commissary benefit to purchase emergency supplies, said Army Command Sgt. Maj. Tomeka N. O'Neal, the Defense Commissary Agency's senior enlisted advisor to the DeCA director.

"No one can predict or control the future, but you can best believe storms will come," O'Neal said. "What you can control is how much of your commissary to be prepared for store to store. severe weather.'

Last year, many commissary patrons were hit by severe weather events such as those in North and South Carolina and Virginia with Hurricane Florence; in Florida for Hurricane Michael; or in the Far East, with devastating typhoons.

From April through Oct. 31. DeCA's severe weather promotional package includes discounts on the following items: beef jerky and other assorted meat snacks, soup and chili mixes, canned goods, powdered milk, cereals, batteries, airtight bags, weather-ready flashlights, tape (all-weather, heavy-duty shipping and duct), first aid kits, lighters, matches, lanterns, candles, hand sanitizer and anti-bacterial wipes. pay you'll save by using your Specific items may vary from





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Technology enhances readiness for SF Academy

Dan Hawkins

AIR FDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS

JOINT BASE SAN ANTO-

NIO-LACKLAND, Texas -Recognizing the pace of change is accelerating, the Security Forces Academy here has taken full advantage of an opportunity to help field tomorrow's Air Force faster and smarter by adding innovative technology into its apprentice course to help produce more lethal and ready Airmen.

Arguably the most critical skills a Defender must possess - how and when to employ the use of force - the 343rd Training Squadron schoolhouse recently acquired six Multiple Interactive Learning Objectives simulators or MILO, as well as a VR-based training system facilitated through an AFWERX partnership, to help them learn how to employ both lethal and non-lethal force.

shown to be valuable assets in helping teach our Airmen how to make critical. life and death, decision-making skills," said Master Sgt. Justin Consley, Security Forces apprentice course, non-commissioned officer in charge. "Using this immersive training technology to train on law enforcement specific scenarios is definitely helping us produce more lethal and ready Defenders."

The opportunity to partner



U.S. Air Force photo/Dan Hawkins

"Both of these tools have Airman 1st Class Valric Suyom, a recent graduate of the Security Forces Apprentice Course, participates in a use of force training scenario May 29 in the Multiple Interactive Learning Objectives simulator at Joint Base San Antonio-Lackland, Texas.

York-based vendor who specializes in creating interactive law enforcement training scenarios through motion capture technology, on this beta-test came about after the vendor contacted the schoolhouse to inquire about their interest in field testing a system aimed at putting trainees in scenarios they will find themselves when they arwith. Street Smarts VR, a New rive at their permanent duty

stations at no cost to the unit.

"With some of the standard procurement processes, by the now before it becomes obsolete time we acquire certain technologies, they're obsolete," said Capt. Zachary Watkins, Security Forces officer technical training course officer in charge. "With the help of AF-WERX, what we are doing are stressful, including both through this one-year partner- the law enforcement and air ship is removing the barriers to base defense environments,

getting that leading-edge technology into the schoolhouse and giving our commander norisk flexibility to decide if this is technology we need long-term."

The opportunity to create realistic training scenarios using the VR system that that allows Defenders to learn the proper application of force based on the priority level assets involved or the rules of engagement is a huge gain for the students and the instructors.

"This system limits us to only our imagination to create scenarios, so we can place students in situations which differ from the public law-enforcement side," said Tech. Sgt. Jesse Bechtel, 343rd TRS instructor supervisor, who has been overseeing the use of the VR system in the apprentice course. "The immersion this system provides the students enables them to become fully involved in the scenario and assists in creating a stressful environment, much like it would be in a real-life response."

Using the VR system, the instructors have noted the value of the immediate feedback the system provides to students, as well as the control they have over the actors in the scenarios and can change the tone of a scenario at the click of a button.

"Unlike with real role-play scenarios, if a student is not giving the right verbal commands to the subject, as an instructor I can easily click a button and have the subject become more aggressive," Bechtel said. "If the student is using good verbal commands then I can have the subject become compliant. This immediate feedback is important for students to understand how their actions play a part in See READY Page 24



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JUNE 7, 2019

Reservists deliver aid to Dominican Republic



10 TAILWIND

S. Air Force photo/Capt. Justin Clark

An aircrew from Joint Base Charleston, South Carolina, offloads a fire truck, along with an ambulance and firefighting equipment, from a C-17 Globemaster III aircraft during a humanitarian and training mission May 31 in the Dominican Republic. The fire truck, along with an ambulance and firefighting equipment, were donated by a fire department in Rochester, New York, and transported under the Denton Cargo Program, which allows for space available on military aircraft to be used for transport of humanitarian aid and supplies.

Capt. Justin Clark 315TH AIRLIFT WING

PUERTO PLATA, Dominican Republic — Citizens of Puerto Plata, Dominican Republic and their fire department received life-saving equipment delivered by a team of Reserve Airmen from Joint Base Charleston's 315th Airlift Wing, in South Carolina, on a C-17 Globemaster III aircraft, May 31.

The dual-purpose weekend humanitarian and training mission allowed for the Reserve aircrew to maintain flying currency and readiness requirements, with the added benefit of delivering humanitarian aid to organizations in the Caribbean via the Denton Cargo Program.

Military aircrews must fly regularly to maintain their currency, and missions like these are planned to allow flvers to meet all their readiness requirements with while serving a humanitarian cause.

The cargo, weighing in at nearly 33,000 pounds, consisted of a fire truck, ambulance, firefighting equipment, tools, clothing, protective gear and rescue equipment, all of which was donated by the Rochester Fire Department Engine 1 in Rochester, New York. It was

handed over directly to personnel from the fire department in Puerto Plata, who were on the scene to accept the delivery.

For the aircrew, the mission allowed them to practice unique skills that can't be replicated while flying within the continental U.S., such as coordinating with international air traffic controllers and ground crews, flying over water and navigating in foreign airspace.

The city of Puerto Plata, as well as its province of 471,000 people, is expected to benefit through the improvements in the ability of the fire departments in the region to provide firefighting and rescue services. An earlier delivery dropped off an ambulance that was the first for Puerto Plata's fire department.

Rochester and Puerto Plata are "Sister Cities," which allows for the exchange of resources, training and expertise between the two cities. Their relationship is managed by the Puerto Plata Rochester Sister Cities Committee, or PPRSCC. Mayors from the respective cities signed the relationship into effect 20 years ago, and since then have made formal visits to and from each others communities.

The Denton Cargo Program, as authorized by the Denton Amendment, is See AID Page 25





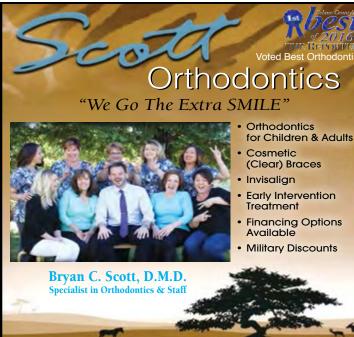


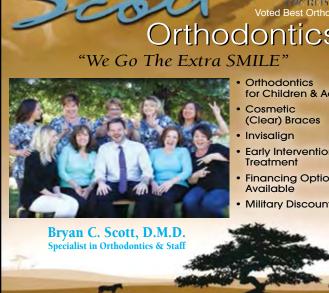
U.S. NAVAL FORCES CENTRAL COMMAND

Air Force B-52H Stratofortress, assigned to the 20th Expeditionary Bomb Squadron and part of the U.S. Central (CVW) 7, attached to the Abrations in the CENTCOM area of responsibility, June 1.

Department of Defense.

upon.'





Bomber Task Force participates in joint exercise

Petty Officer 2nd Class Jessica Paulauskas

ARABIAN SEA — A U.S. Command Bomber Task Force, and the Carrier Air Wing ham Lincoln Carrier Strike

The operations emphasize Joint Force integration and interoperability within the U.S.

"It's a pretty awesome feeling to look up and see our jets flying alongside the Air Force bomber," said Capt. William Reed, commander, CVW-7. "The training the air wing conducted with the B-52's today is an incredible demonstration of how our military can to rapidly join capabilities to enhance our lethality and our ability to respond to any threat when called

During the exercises, CVW-7 and the 20th EBS conducted several joint training evolutions designed to improve operational tactics in several warfare areas. Exercises included

air-to-air training, flying in formation, and simulated strike operations in defense of a national asset.

"While the Air Force trains different assets together all the time, including Navy F-18s, we typically don't have the opportunity to integrate with the surface fleet," said Lt. Col. Scott Mills, 609th Air and Space Operations Center air and space strategist. "As we train togeth-Group conducted joint opera- er, it gives us the chance to examine the bias we each bring to the engagement. We each learn about the other's domain by searching for areas where we operate differently."

F/A-18E Super Hornets and E-2D Growlers from CVW-7, embarked on the Nimitz-class aircraft carrier USS Abraham Lincoln, conducted a self-escort strike with the bomber. With the Lincoln aircraft simulating opposing and friendly forces, the training gave both sides the chance to interact with elite aircraft.

"The most interesting part about working with any individual aircraft you haven't had the chance to work with vet is getting to see what unique capabilities it has," said Lt. Chase Strickland, a pilot attached to the "Sidewinders" of Strike See EXERCISE Page 25



U.S. Navy photo/Petty Officer 3rd Class Amber Smalley

Abraham Lincoln Carrier Strike Group and a U.S. Air Force B-52H Stratofortress, assigned to the 20th Expeditionary Bomb Squadron and part of the Bomber Task Force, deployed to the U.S. Central Command era to conduct joint exercises in the area of responsibility.



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Airmen finish water survival training

Senior Airman Will Brugge 315TH AIRLIFT WING

NAVAL AIR STATION KEY WEST, Fla. — Reserve Citizen Airmen from the 315th Airlift Wing at Joint Base Charleston, South Carolina, completed water survival training May 31 at Naval Air Station Key West, Florida.

The water survival training was led by Survival, Evasion. Resistance and Escape specialists who taught members of the 315 AW on how to survive in the event of an open water incident.

"This exercise prepares our Airmen to survive in the water in case of a situation where an aircraft has to be abandoned," said Staff Sgt. Mark Hanlon, SERE specialist with the 315 AW. "We want to make sure that our Airmen are prepared for any circumstances that they may encounter. Water survival training is imperative to keeping our Reservists prepared and ready."

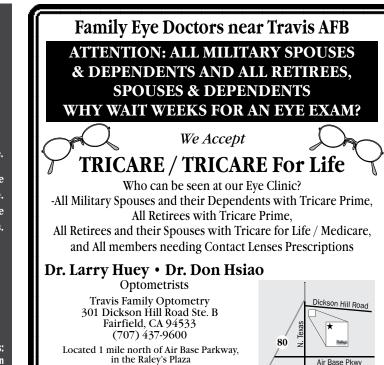
Forty participants from both the Air Force and U.S. Navv were involved in the training. The Navy provided support in the form of rescue divers and an MH-60 Seahawk helicopter that helped



LLS Air Force photo/Senior Airman William Brugge

Reserve Citizen Airmen from Joint Base Charleston's 315th Airlift Wing participate in a water survival See TRAINING Page 25 training event held May 31 at Naval Air Station Key West, Florida.





on the corner of N. Texas St. & Dickson Hill Rd.

Maintainers help F-35 deployment

Micah Garbarino 388TH FIGHTER WING PUBLIC AFFAIRS

AVIANO AIR BASE, Italy - Maintainers in an innovative 388th Maintenance Group have taken two huge steps while developing a program that continues to push and streamline F-35A Lightning II sustainment.

These Blended Operational Lightning Technician or BOLT maintainers are currently deployed alongside the 421st Fighter Squadron during a Theater Security Package to Europe and they've sent the first 388th Fighter Wing maintainer to ever be qualified in six different aspects of F-35 maintenance.

The BOLT program combines maintenance-specific Air Force specialty codes, essentially job descriptions, into two career tracks. Maintainers in the air vehicle track are crew chiefs, fuels and low observable technicians. Airmen in the mission systems track focus on avionics, weapons and egress.

This training allows a single Airman to perform multiple inspections and do the associated work required in areas where they are qualified. They don't have to wait for qualified Airmen from other specialties to complete inspections or any required fixes on the aircraft.

"The BOLT Airmen who are here with us offer widespread benefit. They will allow us to deploy the same aircraft with a smaller number of Airmen than we would at home station," said Col. Michael Miles, 388th Maintenance Group commander. "This is a new way to train our Airmen to be more operationally focused and that ties directly to the primary mission sets of the F-35A."

The goal of the BOLT program is less down time, more productivity and a smaller maintenance footprint required for each jet. Reducing the size of the maintenance force allows commanders more

Mountain Home breaks ground with doppler radar

Airman 1st Class **Andrew Kobialka** 366TH FIGHTER WING PUBLIC AFFAIRS

bilities can mitigate the associated risks.

grades.

ations to fix this problem.

ness

tive solution.

Hurlburt Field, Florida.

AIR FORCE

Teachers boost bilateral future

Staff Sgt. Peter Reft

18TH WING PUBLIC AFFAIRS

laughter filling the ears.

the country by 2020.

May 24.

Middle School, or RMS,

English Language coordina-

tor, developed the "We Can!"

training program in support

of the Department of Defense

Educational Activities role in

the bilateral agreement, en-

abling RMS to host training

for local Okinawa teachers.

Dr. Tracy Rice, regional

MOUNTAIN HOME AIR FORCE BASE, Idaho - Weather can be an unrelenting force and infamously fickle. Severe weather can adversely affect the safety of aircrew and Airmen working in the elements. Fortunately, advanced radars with weather forecasting capa-

Keeping constant surveillance on weather patterns and their potential hazards is an important step in enhancing readiness and safety of Airmen. Until recently, this often proved to be a challenge when local radars needed to undergo routine maintenance or up-

Mountain Home Air Force Base is the first to show how Portable Doppler Radars, or PDRs, can be used to support continental United States oper-

Tech. Sgt. Brandon Knight. 366th Operation Support Squadron weather forecaster. said due to scheduled maintenance of the National Weather Service's Next Generation Weather Radar, or NEXRAD, Mountain Home AFB would have been left without any weather forecasting capabilities, hindering the wing's ability to maintain mission readi-

Historically, May through July generate the most severe thunderstorms in Idaho. Knight explained. That is what made Mountain Home AFB officials push to find an innova-

There are only two of these systems working in the United States, explained Staff. Sgt. Daniel Robinson, 2nd Combat Weather Systems Squadron weather systems trainer from "PDRs are typically used

See RADAR Page 22



IS Air Force photo/Staff Sot F

U.S. and Japanese elementary school teachers compare cultural traits during "We Can!" bilateral training May 24 at the Ryukyu Middle School, Kadena Air Base, Japan. Group activities such as these helped teachers from both nations build new partnerships in support of Japan's foreign language initiative, which will increase the number of English sessions required for fifth- and sixth-graders throughout the country.

tween the Japanese Ministry cal Okinawa teachers," Rice technology revised foreign of Foreign Affairs, DoDEA and the State Department to foster positive relationships "The foreign language between Japan and the U.S.

initiative is a joint effort be- by providing training for lo- culture, sports, science and said.

> The bilateral training program began in 2018 after Japan's Ministry of Education.

language requirements for elementary students.

> "This endeavor began See BILATERAL Page 23







U.S. Air Force photo/Airman 1st Class Marcus M. Bullock

An Airman gets her head measured June 4 at the Female Fitment Event at Joint Base Langley-Eustis, Virginia. The purpose of the event was to take the measurements of female aviators to use when designing flight equipment prototypes.

Flight equipment redesigned to better fit female aviators

Airman 1st Class Marcus M. Bullock 633RD AIR BASE WING PUBLIC AFFAIRS

JOINT BASE LANGLEY-EUSTIS, Va. — Flight equipment is on its way through a macoming to the equipment is it is being designed with measurements from female aviators.

Joint Base Langley-Eustis, Virginia, held a Female Fitment Event, June 4, where Air Force and Navy female aviators ments taken, which will be used female flight equipment.

er a large enough group of wom- posed to their female counteren to get our different sizing parts. Department of Defense both in our uniforms, helmets leadership hopes to change that. and masks," said Lt. Col. Shelly them all together in one place."

to design new prototypes for there are statistically more male

aviators. This means more male "We wanted to bring togeth- measurements were used as op-

"The chief of staff of the Unit-Mendieta, plans and require- ed States Air Force is committed jor overhaul. The biggest change ments officer. "When you go to a to seeing us make progress and squadron to go to a fitment event, better integrate humans into the there's usually only a couple of machine environment mix," said women, so to get a full spectrum Brig. Gen. Edward Vaughan, Air of what is going to work for wom- Force directorate of readiness en aviators, we needed to bring and training, assistant to the director. "What has happened over In the past, flight equipment the years is that a lot of our data gathered to have their measure- has been designed to the mea- and information we use to design surements of males because these systems have traditionally

See FEMALE Page 19



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1360 Burton Drive, Suite 160, Vacaville, CA 95687 2469 Rio Linda Blvd, Suite A, Sacramento, CA 95815

www.TreatYourLegs.com

40th HS, Montana forces rescue man

Senior Airman Daniel Brosam 341ST MISSILE WING PUBLIC AFFAIRS

MALMSTROM Force helicopter crew rescued a man June 3 near Monarch, Montana, concluding ground tion. and air search and rescue efforts around 11 p.m.

The 40th Helicopter Squadron received the request rescue strap in hand, who then around 10 p.m. to assist the secured the man with the strap. Cascade County Sheriff's Defrom the ground.

ter assigned to the squadron departed Malmstrom Air Force Base with four aircrew at approximately 10:20 p.m.

The aircrew included 40th HS pilots Maj. Jeffrey Miser and Capt. Kyle Lenz, and flight engineers Master Sgt. Joseph Cox and Tech. Sgt. Joshua Makepeace.

After approving the request for assistance, the crew depart- son-in-law Monday night and ed Malmstrom AFB and flew to all of our first responders on approximately 22 miles to Monarch where local ground crews

were already on scene.

The aircrew began working logistics and passed informa-AIR tion to the on-scene command-FORCE BASE, Mont. — An Air er. The pilots then flew over and hovered approximately 100 feet above the man to begin extrac-

> Makepeace operated the rescue hoist and lowered Cox down on a forest penetrator.

The crew then transitioned partment in rescuing the man the aircraft down to the landing after he fell from a steep cliff zone marked by ground teams and was holding on to a tree while Cox and the man were root approximately 250 feet lowered down via the hoist. The man was passed down to the A UH-1N Iroquois helicop- ground team and evaluated for injuries. He was not injured.

"As a long-time first responder's wife and (mother of a first responder), and as a citizen who owes so much to those that sacrifice their lives daily for my family, I am truly grateful," said the man's mother-inlaw. "Thank you so much to the incredible Malmstrom AFB chopper crew that saved my scene. I'm so happy to say he is

Travis supports joint-service Northern Edge 2019 exercise



U.S. Air Force photo/Airman 1st Class Caitlin Russell







U.S. Air Force photo/U.S. Air Force photo by Staff Sgt. Micaiah Anthony

Airman 1st Class Cameron Otte 60TH AIR MOBILITY WING PUBLIC AFFAIRS

The Northern Edge joint training exercise was one in a series of U.S. Indo-Pacific Command exercises in 2019 designed to prepare joint forces to respond to crises in the Indo-Pacific.

It sought to sharpen participants' tactical combat skills, improve command, control and communication relationships and develop interoperable plans and programs across the joint force.

Approximately 10,000 U.S. service members participated in the exercise hosted by U.S. Pacific Air Forces.

"Over 50 aircrew and maintenance personnel from Travis participated in the exercise," said Capt. David Miller, 9th Air Refueling Squadron chief executive officer.

Participants served as part of a joint task force, which helped enhance multiservice integration and exercise a wide range of joint capabilities. During the exercise, Travis Airmen were responsible for providing refueling and maintenance support to exercise participants.

"Travis air crews supported all Air Force and Navy fighter aircraft offloading 10 million pounds of fuel to 240 receivers, while Travis maintainers generated 59 aircraft with zero delays," said Miller.

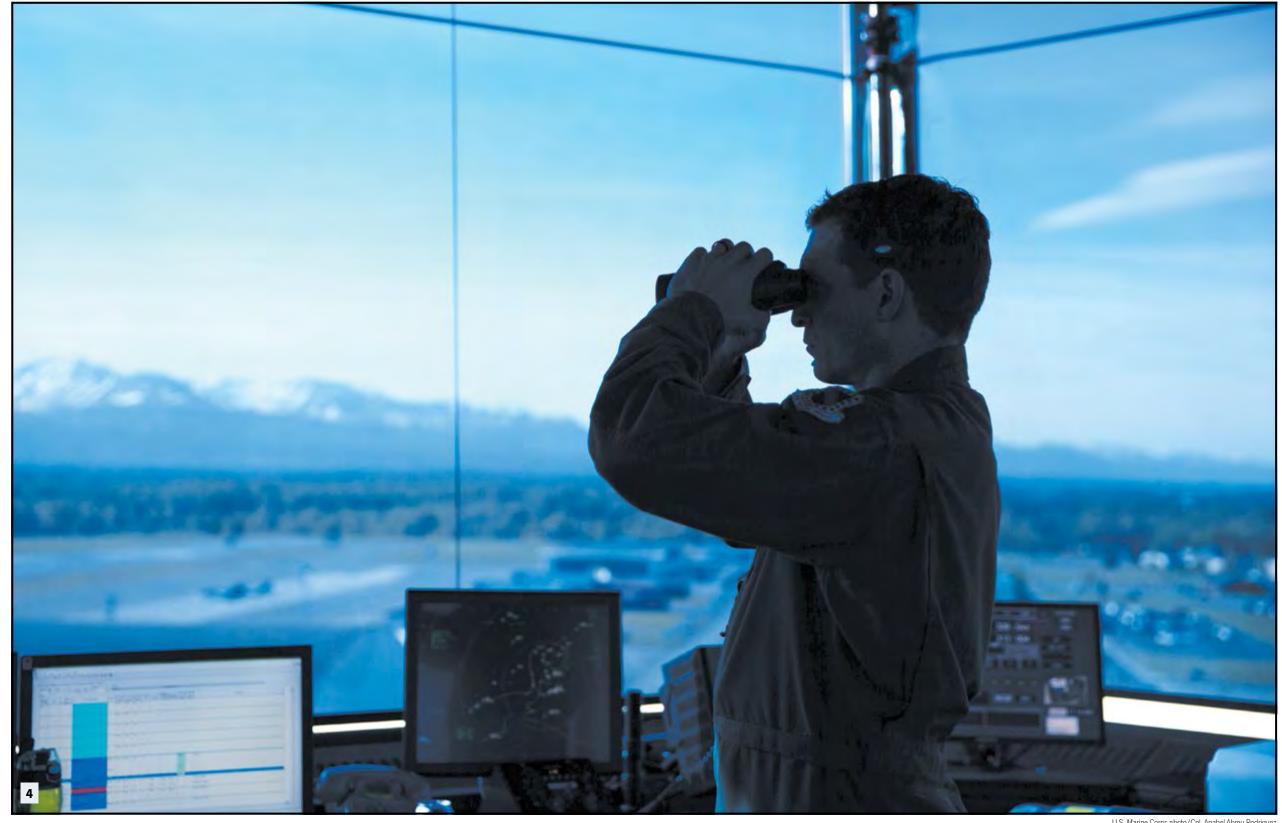
The contributions of Travis Airmen helped ensure the success of Northern Edge 2019, he added.

"We enabled the fighters and other supporting assets to conduct their mission over the course of the (12-day) exercise," said Miller. "Alaska offered a perfect environment for my crew and supporting maintenance personnel from Travis, to execute our training in a safe, controlled manner."

Ensuring the maintenance needs for the exercise were met was no small feat, said Capt. Michael Corson, 9th ARS mission generation flight commander.

"During the exercise, I led 110 maintenance and operations personnel that performed 56 air refueling missions," he said. "These missions utilized the KC-10 to support Navy, Marine, Army, and Air Force aircraft allowing the exercise to go nonstop."

Units from Air Mobility Command, U.S. Indo-Pacific Command, U.S. Pacific Air Forces, U.S. Pacific Fleet, Marine Corps Forces Pacific, Air Combat Command, Air Force Materiel Command, U.S. 3rd Fleet, Air National Guard, Air Force Reserve and U.S. Naval Reserve took part in the exercise.



1) A U.S. Air Force F-16 Fighting Falcon, assigned to Eglin Air Force Base, Florida, takes off May 14 during Exercise Northern Edge at Joint Base Elmendorf-Richardson, Alaska. Northern Edge is designed to sharpen participants' tactical combat skills, to improve command, control and communication relationships and to develop plans and programs across the joint force. 2) Lt. Col. Alain Martinez, left, VAQ-134 EA-18 Growler electronic warfare officer, and 1st Lt. Kevin Martin, VAQ-134 EA-18 Growler pilot, don aircrew flight equipment May 14 during Exercise Northern Edge at Eielson Air Force Base, Alaska. 3) U.S. Navy Airmen prepare EA-18 Growlers assigned to VAQ-134 for flight May 14 during Exercise Northern Edge at Eielson Air Force Base, Alaska. 4) Lt. Col. John Keller, 3rd Operations Group air traffic controller, assists May 22 in monitoring the airfield during Exercise Northern Edge 19 at Joint Base Elmendorf-Richardson, Alaska.

U.S. Marine Corps photo/Cpl. Anabel Abreu Rodriguez

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Puzzles

How to beat Str8ts -

any order, eg [4,2,3,5]. Clues in black

cells remove that number as an optior

in that row and column, and are not part

of any straight. Glance at the solution to

see how 'straights' are formed

Previous solution - Medium

7 9 1 3 5 4 2

263591784

To complete Sudoku, fill the board

by entering numbers 1 to 9 such

ontains every number uniquely.

For many strategies, hints and tips,

other puzzles, check out our books

iPhone/iPad Apps and much more on

visit www.sudokuwiki.org

If you like Str8ts, Sudoku and

our store at www.str8ts.com

Visitors to the site can

click the "Give to Those

Who Serve" banner on the

website's homepage to do-

nate to either organization

in \$5 increments. Honor-

ably discharged veterans

who have signed up for their

lifelong exchange online

shopping benefit (Shop-

MyExchange.com/vets) are

also able donate to the relief

- AAFES News Service

that each row, column and 3x3 box



You can find more help, tips and hints at www.str8ts.com

SUDOKU

| SUDUKU | | | | | | | | | | |
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| 6 | 9 | | | | 3 | | | | | |
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| | | 5 | | | | 9 | | | | |
| | 1 | 7 | 4 | | 6 | | 5 | | | |
| | | | 5 | | | | 2 | 6 | | |
| | | | 1 | | 8 | 5 | | | | |
| | | | | | | 8 | 4 | | | |

The solutions will be published here in the next issue.

Retiree Corner

Exchange shoppers can donate to military relief

DALLAS — Army and Air Force Exchange Service shoppers can now support Soldiers and Airmen in need with just one click.

ShopMyExchange.com shoppers can shop, save and give back by donating to Army Emergency Relief or the Air organizations. Force Assistance Fund.

Chapel programs

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.

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

The Church of Jesus Christ of Latter-day Saints

Fairfield Stake Center, 2700 Camrose Ave., Fairfield

Sunday at DGMC Medical Center Chapel.

Military relations representatives at 707-535-

Protestant

First Street Chapel

 Protestant Community Service: 9:30 to 10:30 a m. Sundav

• Gospel Worship Service: 11:30 a.m. to 12:30 p.m. Sunday.

- Children's Ministry is provided for
- first Saturday of every month.
- Protestant Women of the Chapel:

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-

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 2 p.m. on the second Friday of each month at Wingman's in the Delta Breeze Club and include a free breakfast. 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.AFMCwellness.com or contact CHPS at 707-424-CHPS or CHPSTravis@ foh.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 Ouirate and Jessica Soto at 501-231-7756 or email travsopcombatptsd@gmail.com.

Government no-fee passports. All

a name change submit a court order or marriage

handwritten and printed back to back and must be

certificate. Passport application cannot be

completed online with 2D barcode at website

https://pptform.state.gov and/or https://travel.

state.gov. For more information, call 707-424-5324.

Hometown News Releases. To submit

https://jhns.release.dma.mil/public and fill out the

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

M-50 Gas Mask Fit Testing. Takes place

Mitchell Memorial Library. Open 9 a.m. to

MPF self-renewal program. Did you know

7 p.m. Monday through Thursday, 9 a.m. to 5 p.m.

Friday, 10 a.m. to 5 p.m. Saturday and closed

that dependents can now renew their ID cards

online? To participate in this program, visit http://

bit lv/2mR1gl2 This program is limited only for

renewing dependents' IDs. For all other services,

visit MPF during duty hours or call 707-424-8483

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

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.

agencies in the performance of official government

no-fee passport and other U.S. government

business. This requirement does not apply to

sponsors. For more information, call 707-424-

minors ages 16 or younger. However, it applies to

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.

on-base residents to be licensed by the 60th

or stop by Bldg, 380B.

5324

On-base child care. The Air Force requires

from 9 a.m. to 3 p.m. every Wednesday at Bldg.

791. All deployers are fit as necessary. For more

a Hometown News Release, visit

information, call 707-557-4646.

information, call 707-424-2689.

information

Sunday

to 2 p.m. Tuesday and Thursday. Ongoing need submissions of applications for government no-fee for volunteers to organize, sort and price passports must now include: 1) A photocopy of donations. For more information, contact the Military Identification Card front and back: 2) Passport photo taken in the past six months; 3) Thrift Shop at 707-437-2370. Travis Composite Squadron 22 Civil Supporting document(s), proof of U.S. citizenship certified copy with state or county seal, if it involved

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.

Travis Legal Office. Power of attorney and notaries are walk-ins 9 a.m. to 2 p.m. Monday, Tuesday, Wednesday and Friday, 9 a.m. to 1 p.m. Thursday, Legal assistance for 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

Center Voluntary Leave Transfer Program. 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

"NEWS NOTES" BRIEFS MUST BE SUBMITTED TO 60AMWPA@US.AF.MIL SEVEN DAYS BEFORE THE EVENT DATE. CALL THE 60TH AIR MOBILITY WING PUBLIC AFFAIRS OFFICE COMMAND INFO SECTION AT 424-2011 FOR MORE INFORMATION.

6-month-olds through fifth grade. Protestant Men of the Chapel: 8 to 9 a.m.,

Twin Peaks Chapel

9:30 to 11 a.m. Tuesday.

DGMC Chapel

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

Like Sudoku, no single number can repeat in any row or column. But... RF Wing rows and columns are divided by black quares into compartments. These need to be filled in with numbers that omplete a 'straight'. A **straight** is a set of numbers with no gaps but can be in

federal holidavs.

• For all other inquiries, call LDS 6979

• Sacrament services: 9 and noon Sunday at Church of Jesus Christ of Latter-day Saints

DGMC Chapel • Latter-day Saints Service: 4 to 4:30 p.m.

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

11 a.m. to 1 p.m. every Wednedsay. For active

Local events

Events

Benicia Farmers Market, 4 to 8 p.m.

Thursdays through August, 4 to 7 p.m. September

and October, First Street between B and D streets.

on the Green. 3 p.m. Thursdays through Oct. 4,

Film Club. "68 Underground," 7:30 p.m.

"Feathers and Fur." Suisun Wildlife, 6:30

p.m. June 13, 2:30 p.m. June 15; Dogs4Diabet-

ics, Loving Animals Providing Smiles, 2:30 p.m.

June 22; Paws for Healing, 6 p.m. June 25; Town

"Sounds of Suspense." Radio broadcast,

Third Thursday Night Market. 5 to 8:30

Vacaville Farmers Market. 8 a.m. to noon

Vallejo Art Walk. 5 to 10 p.m. second Friday

p.m. through September, Andrews Park, Vacaville.

Free admission. www.downtownvacaville.com.

Saturday, through October, Creekwalk Plaza at

Andrews Park. www.vacavillefarmersmarket.com.

of each month, downtown Vallejo. Free admission.

Vallejo Farmers Market. 9 a.m. to 2 p.m.

Vallejo Stonewall Film Festival. 6:30 p.m

Vintage Market. 9 a.m. to 2 p.m. every third

Saturday, St. Paul's United Methodist Church, 101

Music and dance

9 p.m.: Band at Hand, Friday; Howlin' Alan Band,

June 15; 7155 Browns Valley Parkway, Vacaville.

Creekwalk Concerts. Music begins at

6:30 p.m.: End Game, June 14; Terry Sheets,

June 8; The Melting Pot, June 14; Firestorm,

City Sports Bar and Grill. Music begins at

Saturdays, year-round, Georgia and Marin streets.

June 13-14, Empress Theatre, 330 Virginia St.,

Vallejo. www.empresstheatre.org.

West St., Vacaville. 925-978-6989..

455-7827. www.starsrecreation.com

June 21; Creekwalk, Vacaville.

noon fourth Friday of each month, Vacaville Public

Library-Town Square, 1 Town Square Place. Free.

Square Library, 1 Town Square Place, Vacaville.

1-866-57-ASKUS, www.solanolibrary.com.

Jefferson and Texas streets. www.fairfieldmain-

June 12, Empress Theatre, 330 Virginia St.,

Vallejo. www.empresstheatre.org.

www.solanolibrary.com.

www.valleioartwalk.com

www.pcfma.com.

Fairfield Farmers Market and Thursday

www.beniciamainstreet.org

street com

duty. Guard, reservist and their families

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. Travis Community Thrift Shop. 10 a.m.

the month at the Airman and Family Readiness

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

Today 6:30 p.m. "Dark Phoenix" (PG-13, first run)

Saturday • 6:30 p.m. "Dark Phoenix" (PG-13, first run)

Sunday • 2 p.m. "Dark Phoenix" (PG-13, first run) www.creekwalkevents.com

Empress Theatre. Sweet Plot, 8 p.m. June 7; West Coast Songwriters Competition, 7:30 p.m. June 10; 330 Virginia St., Vallejo. 552-2400, www.empresstheatre.org.

First Street Cafe. Doug Houser, 7 p.m. June 7; Tune Riders, 7 p.m. June 8; Jennifer Lee, 2 p.m. June 9: These Fine Moments, 7 p.m. June 14; Open mic, 7 p.m. June 15; Bryan Girard, 2 p.m. Sunday; 440 First St., Benicia. 745-1400, www.firststreetcafe.com.

Harbor Arts Center. United States Air Force Band of the Golden West Concert Band, 3 p.m. June 14; Harbor Theatre, 720 Main St., Suisun City. www.suisunharbortheater.org.

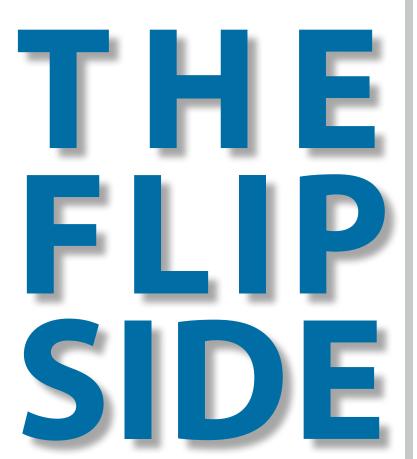
Sardine Can. Jazz music from 5 to 8 p.m.: Leo Cavanagh, June 9; Guy Arrostuto, June 16; 0 Harbor Way, Vallejo. www.vallejosardinecan.com.

Theatre DeVille. Katie Knipp, 7 p.m. June 7; Bayonics, 8 p.m. June 8; DC Curry, 7 and 9:30 p.m. June 15; 308 Main St., Vacaville. www. theatredeville com

Town Square Friday Night. The Rhythm Method 4, 6 p.m. June 7; downtown Vacaville. Free. www.downtownvacaville.com.

Vacaville Performing Arts Theatre. Young Artists Conservatory of Music, 5 p.m. June 9; Elevate, Dance Center, 6 p.m. June 13; 1010 Ulatis Drive 469-4013 www.vpat.net

Vallejo Jazz Society. Noel Jewkes Septet featuring Kay Kostopoulos, 5 p.m. June 9, Empress Theatre, 330 Virginia St., Vallejo. 552-2400, www.valleioiazzsociety.net.



Airmen complete FTAC



Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman 1st Class Darien Allington. 60th Aerial Port Squadron; Airman 1st Class Elaine Arceneaux, 60th Logistics Readiness Squadron; Airman 1st Class Ashley Blodgett, 60th Medical Operations Squadron; Airman Elizabeth Brown, 60th Surgical Operations Squadron; Airman 1st Class John Capasso, 60th Medical Diagnostics and Therapeutics Squadron; Airman 1st Class Ashley Cardona, 60th LRS; Airman 1st Class Jeremie Coleman, 660th Aircraft Maintenance Squadron; Airman 1st Class Caleb Cooper, 660th AMS; Airman 1st Class Kaitlyn Crow, 60th APS; Airman 1st Class Derek Elliott, 60th LRS; Airman 1st Class Devin Fritz, 60th APS; Airman Kaitlainmay Gilmour, 60th APS; Airman 1st Class Rilee Haberman, 60th Inpatient Squadron; Airman 1st Class Devar Hunt, 60th Air Mobility Wing; Airman 1st Class Brandon Jablasone, 60th Medical Support Squadron; Airman 1st Class Anthony Kervin, 60th LRS; Airman 1st Class Jessie Maldonado, 660th AMS; Airman 1st Class Alexander Martinez. 60th Civil Engineer Squadron: Airman Bryce Mellish, 22nd Airlift Squadron: Airman 1st Class Shawn Ocasio, 60th LRS: Airman 1st Class Elijah Pickett, 660th AMS; Airman 1st Class Colin Polk, 660th AMS; Airman 1st Class Derick Purizaca, 660th AMS; Airman 1st Class Cody Seagroves, 60th SGCS; Airman 1st Class Trevor Tarbox, 60th APS; Airman 1st Class Joshua Tipton, 60th MDSS; Airman 1st Class Timiri Toney, 60th AMW; and Airman 1st Class Trevon Waters, 60th CES.



J.S. Air Force photo/Airman 1st Class Marcus M. Bullock A female aviator has her measurements taken while in a flight suit June 4 during a Female Fitment Event at Joint Base Langley-Eustis, Virginia. Traditionally, many flight suits female aviators had to wear were made to the measurements and specifications of their male counterparts.

Rescue

From Page 14

doing well." The responding agencies included the 40th HS, Belt Rural Volunteer Fire Department, Belt Ambulance, the Cascade County Sheriff's Office, Cascade County Search and Rescue, Mercy Flight and Great Falls Emergency Services.

sulted in a quick and successmander.

Follow Travis on TWITTER at @Travis60AMW

Female

From Page 14

been based on men.'

Female aviators using flight equipment designed to the specifications of males presents a problem for their combat effectiveness. When it comes to the mission, the tools Airmen use play a big role in mission success.

Vaughan explained that if flight equipment, from harness straps to flight suits, does not meet the needs of the human, as well as of the various machines used for our missions, then service members are not going to be as effective and ready for com- we are collecting and the fact bat.

The information gathered from the event is going to be cru- bat, it's also important to make cial in the development of not people aware that this is one of only female flight equipment, but female aviators as a whole across multiple branches.

"The goal is to ensure that the equipment that we are developing is going to fit properly, so that to ensure they are combat ready we have a safe and ready force," Mendieta said. "By measuring a heard. spectrum of women at different stages in their career, we can ensure that we have better equipment."

Many officers participating in this event are hoping to be able to disseminate information to other bases regarding female flight equipment.

"By measuring a spectrum of women at different stages in their career. we can ensure that we have better equipment."

-Lt. Col. Shelly Mendieta

enterprise, this is an historic event and it's important that we get this word out." Vaughan said. "It's not just the data that that we are going to improve the equipment we use in comthe challenges that we are facing right now. It's an Airmen challenge."

For many female aviators, this marks a monumental push and their opinions are being

"Women have been flying in the Air Force for a very long time," Mendieta said. "We have made progress but this is the first time in my 20-year career that we have had the kind of momentum that we have to get this right. We have the opportunity to get this right and we have to grab "When I look across the that and take it for all it's worth."



This event marks the 428th save the squadron has made to date.

gic security by providing flexible, rapid-response helicopter airlift support to the 341st Missile Wing. The 40th HS also performs aerial surveillance of Department of Defense strategic weapon convoys and short notice emergency security forces responses; supports emergency war order taskings "The mission last night reand priority personnel and lo-

ful rescue, made to look easy because of the exceptional helicopter crew and great partnership we have with our local civilian partners," said Lt. Col.

Bryan Tuinman, 40th HS com- of the Joint Chiefs of Staff National Search and Rescue plan.

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Radar From Page 13

for deployments down-range." Knight said. "Though we are finding that they can be used effectively for (continental United States) operations and the rest of the Air Force is following our lead."

The Air Force intends to use Mountain Home AFB's experience with PDRs as the building block for future use across the U.S., Knight explained.

Mountain Home AFB will be relying on the PDR for the next three weeks and sending the data to the Air Force and National Weather Service.

"The radar will allow us to see a radius of 60-80 nautical miles," Knight said. "In that area, we can see incoming storms, rain data and wind fields, which can be interpreted to determine whether or not conditions are safe for flight."

Knight went on to explain the overarching goal of implementing PDRs is ensuring continual safety management and 24/7 readiness. Additionally, allowing upgrades on NEXRAD mutually benefits the Air Force and public.

"We are making history," Knight said. "(366th OSS) are continuing the legacy of innovation and leading the way. It is pretty exciting."

Manpower

From Page 3

and knowledge received from this office is incredible. Being a part of the team who was able to take the Air Force level award is breathtaking."

Although it may be unknown to many, the manpower flight is a vital resource to management and productivity which helps make Travis' mission possible, Cadua said.

"Their ability to openly work with customers, analyze data, interpret the data and articulate the data in a way that is easily understood by their customers, up and down the chain of command is what sets

them apart from other manpower flights in the Air Force," said Lt. Čol. Nathan Williams, 60th FSS commander. "No task is too large and they never shy away from the hard tasks of going the extra mile to get the 'right' answer as opposed to the easy answer."

Getting the "right" answer can take a lot of work.

The Continuous Process Improvement section of manpower assists to ensure mission requirements are aware of potential waste. When requested, CPI helps break down the mission of units to ensure product effectiveness is at its full potential. This is called greenbelt training.

"You have to have an innovation mindset to say, 'What if pleted

we do this differently instead of the way we have always done it?" said Steven Longino, CPI manager. "We live in a time where our resources need to be more impactful."

CPI helps eliminate steps that aren't adding value to the end product of a mission.

"CPI and innovation are two sides of the same coin," Longino said. "CPI basically confirms the innovation that establishes a more reliable, lethal and agile force while eliminating as much waste as possible."

The manpower flight continues to work cohesively for Travis so the mission requirements are met and job is com-



Base, Italy.

Maintainers

From Page 12

with fewer Airmen.

Succeeding in the program is challenging and can seem overwhelming because many Airmen want to be experts at everything as soon as they enter. But the ones who catch on are better equipped in their careers because this type of maintenance is "inevitable" in the future, said Master Sgt. Dantorrie Herring, BOLT lead. Tech Sgt. Jesse Mitchell, currently deployed with the 421st Fighter Squadron05227 in support of the multinational exercise Astral Knight 2019, is the first maintainer to be qualified in all six functions. He is able to sign-off on fixes to any area that may be keeping a jet from flying. He's been a BOLT maintainer since January 2018. ell, a native of Wichita, Kansas. tasked."



on Saturdays."



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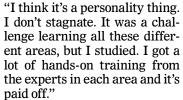


U.S. Air Force photo/Tech. Sgt. Jim Araos

Staff Sgt. Keagan Rosario. 421st Aircraft Maintenance Unit Blended **Operational Lightning Technician mission systems technician, performs** preflight checks on an F-35A Lightning II fighter jet, May 31 at Aviano Air



combat flexibility for quickly deploying a small number of aircraft to a remote airfield



Mitchell, a former F-16 Fighting Falcon maintainer, entered the F-35 world as a crew chief, then learned avionics basically all the "fun systems the pilots get to play with" and just kept going until he had completed all the others: fuels, low-observable maintenance. weapons and egress. Now, he is able to clear a "red x" in any of those six systems and return a jet to flying status. It's a rare achievement.

Currently, there are nearly 60 Airmen in the 388th Fighter Wing BOLT program.

"This is just a starting point for our BOLT maintainers," Miles said. "We'll be doing other things with them (throughout our time in Europe) and we'll take the lessons learned and weave them into our plan-"I love BOLT," said Mitch- ning for the next time we're

provide Japanese teachers

with teaching activities de-

signed to fully engage students

with English language classes.

interactive cooperative learn-

ing and team building chal-

lenges that enhance English

language acquisition skills."

Dr. Rice said. "The engaging

activities are aligned to the

"We Can!" books and can eas-

ily be implemented with stu-

"The training is focused on



through collaborative meetings between the Japanese Ministry of Foreign Affairs, DoDEA and the State Department in May of 2018," Dr. Rice said. "There have been several training sessions to include follow-up network workshops

The RMS training sessions dents in the classroom."



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Savings From Page 6

The North Atlantic hurricane season is June 1 to Nov. 30 and covers the North Atlantic Ocean, the Caribbean Sea and the Gulf of Mexico. Tornado season is April to July.

The Colorado State University forecast for 2019 predicts there will be 13 named storms, five of which will be hurricanes with two of the hurricanes potentially being category 3 or higher. Accuweather's forecast is similar, predicting 12 to 14 tropical storms, and five to seven hurricanes with two to four being major hurricanes.

Tornadoes have made their mark thus far in 2019. In May alone more than 400 have been reported, according to the National Weather Service. Weather forecasters say more than 1,000 are expected this year alone – 9 percent more than 2018.

Be it hurricane, tornado or a manmade event, emergency preparedness officials recommend having a plan with a disaster supply kit that includes the following items:

• Water – at least one gallon daily, per person (threeday supply for evacuation, two-week supply for home).

• Nonperishable foods – canned meats, fruits, vegetables, dried fruits, nuts, raisins, cereal, crackers, cookies, energy bars, granola, peanut butter, and foods for infants and the elderly (three-day supply for evacuation, two-week supply for home)

• Paper goods – writing lists of resources.

paper, paper plates, paper towels and toilet paper. • Writing utensils – pens,

pencils (manual pencil sharpeners), markers. • Cooking items – pots,

pans, baking sheets, cooking utensils, charcoal, a grill and a manual can opener.

• First-aid kit – including bandages, medicines and prescription medications.

 Cleaning materials bleach, sanitizing spray, and hand and laundry soap.

• Specialty foods - diet and low-calorie foods and drinks.

• Toiletries - personal hygiene items and moist wipes.

• Pet care items – food, water, muzzle, leash, carrier, medications, medical records, and identification and immunization tags.

• Lighting accessories flashlights, batteries, candles and matches.

• Battery-powered hand-crank radio (NOAA Weather Radio, if possible).

• Duct tape, scissors.

• Multipurpose tool.

• Copies of personal documents (medication list and pertinent medical information, proof of address, deed/ lease to home, passports, birth certificates and insurance policies).

• Cell phone with chargers.

• Family and emergency contact information.

- Extra cash.
- Emergency blanket.
- Maps of the area.

• Blankets or sleeping bags.

For more information about disaster preparedness. go to the DeCA website for

Readv

From Page 8

After each scenario, students also get the opportunity to view their actions from an "outside the body" viewpoint and if the student had to utilize deadly force, the system shows them the trajectory of their shots, giving them that additional feedback on whether or not they made a good shot.

"As the student is viewing this, we the instructors will talk them through their reactions and ask them to explain why they used the level of force they did." Bechtel said. "It is extremely helpful for the students to be able to see their mistakes to be able to learn from them."

With the Security Forces career field currently in transition from the M9 Beretta pistol to the M18 SIG Sauer Modular Handgun System as part of the Air Force's Reconstitute the Defender Initiative, the vendor created an M18 handgun model to use in the VR environment, giving future Defenders a first look at the weapon they will soon be carrying.

A key part of the partnership is the ability for the schoolhouse to provide feedback to the vendor in real-time and in turn, the company can make changes inside the virtual environment that can put an Airman at a certain Air Force base all the way down to very specific details.

"At our request, the vendor built a mockup of the Shaw Air Force Base main gate, including a beret-wearing Airman inside the scenario, as well as 3D printing an M-4 rifle to use in different scenarios to add realism," Bechtel said. "Moving forward, we are hoping to get further into the use of the big data points, like how many students are using lethal force in certain scenarios and when, to see how we can further maximize each training event."

The VR training has also created excitement among students and for many, injected a natural learning tool.

"This is really cool training," said Airman 1st Class Valric Suvom, a recent apprentice course graduate headed to Kadena Air Base, Japan. "I grew up playing video



U.S. Air Force photo/Dan Hawkin

Airman 1st Class Taylor Waldron, a recent graduate of the Security Forces Apprentice Course, participates in a use-of-force training scenario in a virtual reality environment simulator May 29 at Joint Base San Antonio-Lackland, Texas.

games and to be able to inject expected to explain the decial setting was a natural transition for me.'

students in various interactive use of force training scenarios, including the potential application of deadly force, through the use of enhanced video screens.

"The MILO really adds multiple dimensions to the training and helps present training in a way that is learner-centric," said Tech. Sgt. Kathryn James, 343rd TRS instructor supervisor at the Security Forces apprentice course. "All of our stu- players." dents learn differently and we can incorporate different types of learning styles in one scenario, such as visual, auditory and kinesthetic."

The SF Academy has six MILO systems in place at the Medina Annex, Texas training campus, including two 180-degree video theater systems, as well as four single-screen systems, James said.

A key feature of the system is that gives instructors the ability to dictate a scenario's outcome in terms of what level of force is needed to be executed by the student as the exercise unfolds based off the student's responses, which prevents them from having the ability to act in a pre-prescribed manner.

"This element really helps prepare our future Defenders for real-life scenarios because vou never know what is going to happen when you respond to a film new use of force scenarios situation," James said. "Being able to inject outcomes into the scenario without the student being aware vice trying to direct role players as the scenario plays out personalizes each scenario, maximizing training."

of force training, students are gualification courses.

VR training into an operation- sion-making process they used when determining the amount of force applied in the scenar-The MILO system was ac- io. With MILO, instructors can quired by the Academy to put pinpoint exactly when certain decisions were made by the student in reaction to the scenario on the screen and even show those decision points in video playback to the students, James

"Using data from the system, we can break down for students at precise points where certain decisions might have been better made and acted on. which is something that is really difficult to do with live role-Another added benefit to

having the MILO system is an increase in efficiency in terms of the number of system-based repetitions each student gets to experience.

"The ability to run students through more scenarios as opposed to having to set up each individual scenario using other students as live role players gives them more reps and practical application of the concepts we are trying to teach them," James said.

One other benefit of the system that adds efficiency is the ability of instructors to replicate a training environment that students will find themselves in, such as a weapons storage area, or even a flight line. This capability facilitates training without interrupting real-world operations.

"It's very helpful that as instructors, we can go out and right here at the Academy and put them into the system, making it tailorable to our needs in next to real-time." James said.

Other uses for MILO include weapons familiarization drills and courses of fire that repli-As part of the three-day use cate the Air Force's weapons

JUNE 7, 2019

Training

From Page 12

operate in a hoist exercise durter rescue.

"Being prepared for the and rescue divers, participants to a life raft. worst possible scenario and were hoisted out of the water Upon reaching the raft, all knowing how to survive it is using a rescue basket carried the participants had to maneucrucial," said Tech. Sgt. Rachel ver themselves onto the raft, by the helicopter. Williams, Mission Loadmaster with the 317th Airlift Squadwhere they were then given in-The training served as a structions on how to survive in key reminder that preparing ron at Joint Base Charleston. "While the water training was the open ocean with only the for unforeseen circumstances supplies available on the life difficult, especially being hoistgives Airmen tools and confied up into the helicopter, it was raft. dence to survive and overcome necessary to know in case of To train for a rescue, a crisis that they hopefully will a situation where we could be participants then had the never have to face.

Exercise From Page 11

Fighter Squadron (VFA) 86 and advanced software."

The B-52H is a long-range, subsonic, jet-powered strategic bomber that has been operated by the U.S. Air Force since 1955. The aircraft can carry up to 70,000 pounds of weapons and has a typical combat range of more than 8,800 miles. Its anti-ship and mine-laying capabilities make it a highly effective asset to assist the Navy in ocean surveillance.

anywhere, anytime.'

CVW-7 Super Hornets conducted a joint close air support exercise with the B-52H. Additionally, MH-60R Sea Hawk helicopters from CVW-7, along with the B-52H, conducted strike coordination and

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ing the water survival training. Airmen were hoisted out of the water, and into the helicopter to simulate an open-wastranded in water for prolonged periods of time."

The training began with participants inflating their life preservers. Once their life preservers were inflated and worn, the Airmen ventured out into the water, where they linked up together for safety and accountability. They chain of Airmen then made their way

opportunity to volunteer for a water survival extraction via Seahawk helicopter equipped with a hoist.

They first were carried far from shore in a small naval vessel out into an open area, where the helicopter was awaiting them. Then, upon arrival, and with the help of highly trained Navy search

CVW-7's coordination lead of the joint exercise. "It's fascinating getting to train and work with the strategic bomber that has updated capabilities, the latest electronics and the most

"Each of our respective services influences the other," Mills said. "Future conflicts will likely never be restricted to a single domain, and even then the sister services can enhance the effectiveness of the others. Today's mission represents our ability to project air and sea power around the globe. When we act, we do so as one force, not separate services. Exercises like the one held today ensure that can operate

reconnaissance exercises. The exercise provided a rare training opportunity as it joined multiple tactical aircraft that don't often operate in the same airspace.

"The training shows effective coordination between two military components, who can independently operate as the best at what they do in the world, and demonstrate that they can also come together to execute a single mission set," said Strickland. 'It illustrates the effective leadership and the team-of-teams capability within the U.S. Department of Defense."

The demonstration of this region."

flexible and adaptable joint operations shows U.S. military forces are prepared to respond to contingencies, deter conflict, and preserve strategic interests around the world.

"This operation allowed us to train interoperability, focus on defense and interdiction, and provide air support to our naval fleet defense," said Lt. Gen. Joseph Guastella, Combined Forces Air Component Commander. "Our land, air, and maritime assets are even stronger and more effective when integrated together. We are postured to face any threats toward U.S. forces in

Aid

From Page 10

a State Department/United States Agency for International Development program that enables humanitarian charities and U.S.-based nongovernmental organizations to use space available on military cargo aircraft to transport humanitarian goods to countries in need. Consequently, these missions are flown at no or minimal additional cost to through a vetting process to of the new equipment.

ensure it meets standards and will most benefit its intended recipients.

To help ensure that the firefighting equipment would be put to best use, training manuals and materials were translated into Spanish and Spanish-speaking firefighters from Rochester volunteered their own time to accompanv Puerto Plata firefighters on both training and real-world firefighting runs throughout the Rochester area. Training had been delivered by the Rochester Fire Department the U.S. taxpayers. Cargo goes on how to get the best use out



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Train

From Page 6

extremely good judgment."

CTICU nurses from DGMC

since 2010, which is the same

year DGMC opened its heart,

lung and vascular center. Heart

surgeries were discontinued

in 2016 when the cardiothorac-

ic surgeon deployed and seven

qualified CTICU nurses left the

military or were reassigned.

Candidates for surgery were

DGMC has partnerships

with a number of medical cen-

ters and hospitals in Northern

California that allow the two

new cardiothoracic surgeons

who arrived in 2017 – as well

as specialty care providers – to

maintain their war readiness

skills. But when the surgeons

operate on their patients in a ci-

vilian facility, they are support-

In the interim, the CTICU

nurses at DGMC conduct week-

ly in-house training and receive

additional hands-on training at

"This is awesome train-

ed by that hospital's staff.

UC Davis.

referred to other hospitals.

JUNE 7, 2019

Ride-sharing

From Page 4

half years. To date, I've provided more than 2,000 people with rides to their destinations all over the San Francisco Bay Area, to Sonoma wineries, Sacramento and Chico, California. However, not evervone who drives for a rideshare company is concerned about the passenger's safety. Additionally, not everyone who uses ride-share services are alert to safety as they should be.

ers have been accused of dangerous behavior such as stalking, kidnapping and harassment. In South Carolina, a 21-year-old college student mistakenly entered the car she thought was meant to drive her home after requesting an Uber ride. The drivdriver. Fourteen hours later, her dead body was found in a field by turkey hunters. The driver who picked her up that night has been arrested and

and Lyft driver, I have noticed many people tend to take unnecessary risks when I want to provide a few tips that may help ensure your safety on a future ride-share trip.

tion. Know the place you are going and the address. This may sound pretty simple, but rides from me without knowing exactly where they were going. This leads to me asktination before picking them up. In most cases, rideshare drivers do not know where vou are headed until vou are in their car, so it's common tails.

Embassy Suites Hotel could to which hotel was the one she needed to be driven, she asked me to cancel the ride.

good for readiness as the CT patient is typically the most unstable on the unit," said Pruangkarn. "The nurses are pulling from all their assessment skills, from CT and ICU training. Those come into play when have been training at UC Davis vou're downrange managing a critically ill patient.

Because heart surgery patients are so unstable, they require constant monitoring.

"You're monitoring things that you would not necessarilv monitor in other patients. like swans - a pulmonary artery catheter used to monitor blood flow and pressures in the heart, which tells us the kinds of IV medications the patient will need," she said. "We don't do hearts downrange but we do use swans on septic patients to monitor cardiac output.

"A nurse with swan training can help train nurses downrange who are not used to performing the procedure or know how to interpret the numbers. Having managed very critical patients stateside prepares us to manage critical patients downrange.

The first six hours after surgery are the most critical time for heart patients and the most ing for our heart nurses and its demanding time for the nurses.

Force Base. California. "We are in charge of main-

taining normal vital signs, titrating medications, monitoring oxygen intake and, hopefully, getting the breathing tube out quickly so (the patient) can recover normally as from most surgeries," said 2nd Lt. Max Lyon, 60th MDG CT-ICU nurse. "The goal is six hours. They won't be perfect at hour seven, but we try to get them back to baseline – getting

out of bed and walking again." Dentistry with a Gentle Touch

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Lyon was a nurse at the University of Washington Medical Center in Seattle, Washington, before joining the Air Force in 2018. He completed his orientation with UC Davis in March, working with nurses who have 10 to 20 years of experience.

Maj. Maureen Hightower, 446th Aeromedical Evacuation Squadron flight nurse, explains patient care during

an aeromedical evacuation flight demonstration onboard a C-17 Globemaster III aircraft April 17 at Travis Air

erly and, ultimately, how to respond to something like cardiac arrest. You see the repetition and you see sicker patients in a safe manner."

Heath Rogers has been a registered nurse at UC Davis seven years. His goal is to allow DGMC nurses as much hands-on patient care as they are comfortable with or that the situation allows.

"To some degree, I teach," said Rogers. "Sometimes just a little because (the DGMC nurses) are experienced. We cover some of the hows and whys – why are you using that medication and not this one? They know so much already. but every hospital is different."

DGMC has 55 ICU nurses, which makes them stronger. but only 10 are CTICU nurses. One of the six active duty nurs-Davis for refresher training ical patients." twice a year.

"You don't want to be struggling and looking things up," said Lvon. "You need repetition so you gain muscle memory when treating trauma patients.'

The training agreement when they deploy.

U.S. Air Force photo/Heide Couc

also benefits UC Davis, according to Kevin Floyd, CTI-CU nurse manager.

"DGMC nurses bring in a different perspective because they are from all across the country and that is so helpful. We learn how things are done elsewhere," he said. "Besides being helpful, they are respectful of what we need."

As an example, Floyd said when a patients suffered cardiac arrest, the military nurses answered calls from other patients on the ICU.

"They are limited on what patients and experience sicker they can do, but they would come grab a nurse," he said. "The relationship we have with the Air Force is just so amazing."

> Last year, DGMC amended its agreement with UC Davis to allow its medical technicians to shadow the nurses since they work as a team at DGMC.

"Our techs record the cardiac output and indexes, chest tube output, urine output, blood sugars and they are an extra set of eves," said Pruangkarn. "We are also constantly dialoging with them,

"At UC Davis, they are learning skills that can help us es is always on call so they will here and (will help) when they continue to cycle through UC are downrange managing crit-

> With the success of the CT-ICU nurses' orientation program, DGMC and UC Davis are working toward two other agreements for burn and trauma training so active duty members have that experience

"A lot of teaching is recognizing what's normal and not normal and how to intervene," he said. "We are learning to use the equipment prop-

Uber and Lyft for two-and-a-

Numerous ride-share driver of that car was not an Uber charged with her murder. During my time as an Uber using ride-share services and

First, know your destinaseveral people have requested ing for details about their desfor them to ask about such de-

One customer who requested a ride from the Sacramento International Airport to an not tell me which hotel in that chain of hotels she was going. When I asked for clarification

I refuse to give rides to people if they can't explain what their destination is. I do this for safety reasons. If you are willing to enter the vehicle of a stranger hoping he or she takes you to where you want to go, you are accepting tremendous increased risk to your life with that decision.

Second, always ensure the license plate, as well as the make and model of the vehicle shown in the ride-share application matches the vehicle that shows up. The majority of ride-share customers I have given rides to failed to do this. The vehicle should also have the appropriate ride-share company stickers displayed for you to see before you enter the vehicle.

It's important to remember that you are about to enter a car with a complete stranger. You do not know this person. People who are cleared to drive with ride-share companies like Uber and Lvft have cleared background checks, but you should still take a few moments and confirm you are getting in the correct vehicle and your driver is the correct driver. Simply hopping into a car with someone you assume is your driver is dangerous. Don't do it.

Third, always be aware of your surroundings and the route your driver is taking. I'm not saying you can't look at your phone, talk to a friend who is along for the ride with vou or check vour email. but you want to be aware of what's happening around you. This awareness will help ensure the driver is actually driving to the destination you want to go to and taking the route you prefer. If you notice you seem to be headed in the wrong direction or become concerned, discuss this with the driver. He or she could have made a mistake. If that doesn't get you headed in the right direction, you can report the situation in the rideshare app and even request emergency assistance via 911 if you feel threatened in the Uber app. Lyft will soon offer an option to contact emergency services within its app as well

Fourth, remember if you are a passenger in the backseat, that your driver must

keep his or her attention on the road so you can get to your destination safely. Making statements like "It's the house over there," while arbitrarily pointing, expecting the driver to take his or her eves off the road to see where you are pointing could lead to an accident. It is much safer to provide exact verbal instructions if clarification is needed. "Sir, my house is the blue one on the right and it's the third house down from the stop sign," is a good example.

While there is no guarantee anyone will be safe every moment they are using a rideshare service, following these tips may help you avoid dangerous situations.

JAMES



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

Heide Couch, 60th Air Mobility Wing photographer, prepares to enter a vehicle May 30 at Travis Air Force Base, California, Before entering a vehicle driven by a ride-share driver, passengers should confirm the driver's identity and ensure they are entering the correct vehicle.

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Leader

From Page 4

ahead.

"You are receiving a new commander today who is exactly the right leader to guide you into the future, as you adapt to this ever changing environment. There is no clearer choice," Gordy said. "To you, Doug, and the men and women of the 621st, prepare for the changes that we know are coming and embrace the challenge as it sits before you. There is much to be done."

After officially assuming command, Jackson began a brief speech.

"I offer special thanks to Gen. Gordy, Gen. Knight, Chief Berg, the Expeditionary Center, and the Air Mobility Command teams and families," said Jackson. "I'm excited to command again in this vibrant organization. I will not let you down."

Jackson made it clear that he is not here to dictate, but work together as a team.

"I am here first to understand our mission and our challenges, not to be personally understood," Jackson said. "I joined this team to learn and listen alongside you, not to dictate and to manage. My wife Carrie and I resolve to serve the Airmen and families of this organization."

Jackson ended his speech with his vision for the future ahead.

"Together, buoyed by a commitment to our core values, our wing will improve, innovate and enhance our readiness," Jackson said. "Our nation demands, and the Airmen of our wing will accept nothing less. I look forward to evolving our wing alongside each of you, and I am ready to begin right now."

Jackson graduated from the University of Pennsylvania and commissioned through the Air Force Reserve Officer Training Corps. His staff assignments include service as a Strategic Communication Fellow at the Air Force headquarters and as a Joint Operations Officer on the Joint Staff at the Pentagon.

He is accompanied by his wife, Carrie and their two children.

2) Airmen

assigned to the

62nd Maintenance

Squadron inspect a

C-17 Globemaster

III June 3 at Travis

C-17 Globemaster

III from Joint Base

maintenance June

3 inside an aircraft

hangar at Travis.

Lewis-McChord.

Washington,

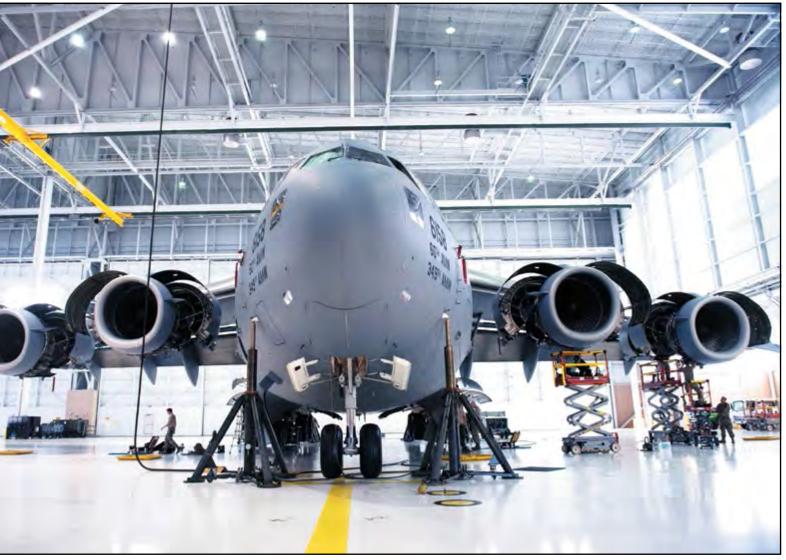
undergoes

Air Force Base,

California. 3) A

JUNE 7, 2019

PARTING SHOTS



1) Airmen assigned to the 860th Aircraft Maintenance Squadron inspect a C-17 Globemaster III June 3, 2019, at Travis Air Force Base California. Airmen from Joint **Base Lewis-**McChord, Washington, and Travis have completed 18 C-17 inspections since late February



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





