



FEMA, Travis ready to get ...
ROLLING

PAGES 14-15



Cultivate safety culture via leadership

Commentary by
Maj. Keaton Askew and
Master Sgt. James Musgrave
60TH AIR MOBILITY WING SAFETY

Leaders have a responsibility for good order and discipline. Leaders are also responsible for setting the tone and establishing various cultures within their units. Whether it's a culture that values military heritage or a culture of innovation, the goal is always to be positive and constructive.

Unit chants, patches, mottos, morale shirts, intramural sports, First Fridays and more are all aimed at establishing a cohesive team with one common ethos: Effectively accomplishing the mission. In essence, a cohesive work family built through camaraderie and relationships affect mission success. The cohesive

ethos highlighted herein is an "informed" safety culture which enables the mission and protects our most valuable resource, our Airmen.

How do you foster an informed safety culture within your unit?

Throughout the process of teambuilding, things that are important to supervisors naturally become are valued to the Airmen on respective teams. Therefore, establishing a collectively safe and healthful bond typically starts with the commander and quickly becomes the model within the unit. Whether it's wearing proper personal protective equipment, ensuring checklist discipline or making responsible driving decisions, Airmen at the lower levels of any organization can make a significant impact on a unit's safety culture. Simply put, every Airman

Commentary

at every level participates in a safety system of processes.

There are foundational attributes and subcultures which form the basis for an informed safety-conscious organization. This "informed" culture is built through teambuilding and relationships where supervisors ensure an environment supported by reporting, learning, just and flexible subcultures.

It is clear in our Air Force, we insist on having an organization and environment free of discrimination and harassment — that is a just culture — one where all Airmen have a sense of security from reprisal. When we feel isolated or targeted, we will not contribute to a culture of reporting.

In a reporting culture, leaders receive what is known as

leading and lagging indicators from mishaps and hazard report investigations. Leading indicators are the prevention measures to stay ahead of risk while lagging indicators come from after-the-fact events. Both help in the overall data analytics process.

However, to support sufficient reporting, Airmen need to know and understand standards and procedures through a culture of learning. The learning process includes idea sharing for process improvement. Furthermore, supervisors must empower Airmen at all levels and foster a value in flexibility to allow for process and behavioral changes. Effective process improvement and innovation requires all four subcultures to mold and meld into an overall informed culture. The lynchpin of this culture developing process

requires teamwork, communication, and participation at all levels.

An informed safety culture ultimately enables mission success and protects our most valuable resource, our Airmen. Remember, creating a culture like this in your unit can start with just one person — you. What are you doing today to make your unit's safety attitude stronger?

Maj. Gen. Sam Barrett, 18th Air Force commander, once said, "Safety is not an additional duty ... safety is a responsibility across all aspects of our mission."

The 60th Air Mobility Wing Safety Program has 22 roles feeding into the four subcultures and any given Airman is directly tied to one or more roles steering the wing toward great success, ultimately, ensuring there are no bounds.

Shine bright: Hold core values close to succeed

Commentary by
Master Sgt. Saray Moniz
60TH MAINTENANCE SQUADRON

Recently, an Airman stopped by my office to say hello. She mentioned she enjoyed scoping out people's spaces and the interesting things they had.

I asked her what she thought about

Enlisted Commentary

my space and she replied, "Looks like you have had an impressive career."

Her statement gave me pause. I looked around my office admiring the diplomas, awards, coins and mementos from the last 20 years and had to agree, yes, it was impressive.

It was impressive because I never would have imagined I would still be serving. I had flash backs of my first four years in and, boy, did I need mentoring. At the time, my supervisors thought I was a lost cause and didn't really work on trying to encourage me to change my antics.

Unfortunately, the realization that I needed to change came when I woke up

to the news that a peer of mine died in a car accident. He had been drinking and driving. We were out celebrating making staff sergeant. I was supposed to be in that car that night. It was the wakeup call I needed, but I wished it came in a different way.

I needed a fresh start. I left for my next assignment and decided to be

See **MONIZ Page 20**

Captain to compete in Alpha Warrior contest

Tech. Sgt. James Hodgman
60TH AIR MOBILITY WING PUBLIC AFFAIRS

"You can push yourself beyond anything you've ever done before," said the young captain, his eyes bright with excitement as he discussed the challenge facing him only days away.

Capt. Christopher Williston, a 21st Airlift Squadron C-17 Globemaster III pilot, will compete in the Alpha Warrior Western Regional Competition June 21 at Hill Air Force Base, Utah. He will be the only Airman competing from Travis AFB and he said he plans to make Team Travis proud.

"My goal is to complete the course faster than everyone else," he said. "I'm there to win. Completing the course in anything more than 3 minutes would be a disappointment."

The Alpha Warrior program specializes in creating obstacle courses for the military, which test agility, functionality and resilience, according to the program's website. The program features numerous competitions at the base and regional level requiring participants to complete a variety of challenges including segmented bars and an inverted ladder climb.

The top three male and female performers from one of 20 regional competitions will advance to the super regional competitions, which will be held at five locations in July. The final competition is set for Sept. 12 at the Alpha Warrior Proving Grounds, Retama Park, Selma, Texas.

To qualify for the western regional, Williston had to be one of the top three males at a base level competition. He took the top spot at Vance AFB, Oklahoma, during the base's competition in May with a time of 2 minutes and 51 seconds. He said he is focused on performing well at Hill AFB.



Capt. Christopher Williston, 21st Airlift Squadron C-17 Globemaster III pilot from Baton Rouge, Louisiana, performs a pull up during a workout June 13 at Travis Air Force Base, California. Williston is training to compete in the Alpha Warrior Western Regional Competition June 21 at Hill AFB, Utah.

"To prepare for the competition I've been working out six days a week and sometimes doing two work outs a day," said Williston, a native of Baton Rouge, Louisiana. "I focus on upper body strength training three days a week, lower body strength training three days a week and I work in core and high-intensity interval training as well."

Before each workout, the captain said he runs two miles at an approximate

7-minute per mile pace to get his heart rate elevated and body warmed up.

"From there I typically exercise on the Jacob's Ladder machine for about four minutes and immediately go into my circuit," he said.

The Alpha Warrior competition requires participants to complete five reps of each exercise along with a variety of obstacles. To prepare his body to perform at its best, Williston said he performs 10

reps of each exercise including burpees, medicine ball pushups and box jumps.

"I double those numbers for my workouts to ensure, when the time comes, that I can perform my best," he said. "If I stress my body to that point, than when it comes time for the competition, I'll likely fly through it."

Williston is no stranger to fitness See **CONTEST Page 18**

Tailwind

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Table of contents

Commentaries	2
Worship services	8-9
The Flip Side	13/16
Cover story	14-15
Classifieds	24-26
Parting Shots	27

On the cover

Members of California Urban Search and Rescue Task Force 7 and the 60th Aerial Port Squadron back a boat trailer into the cargo bay of a C-17 Globemaster III June 13 at Travis Air Force Base, California.

U.S. Air Force photo/Heide Couch

WARRIOR OF THE WEEK

Name: Senior Airman Doug Gerrity.

Unit: 21st Airlift Squadron.

Duty title: C-17 Globemaster III loadmaster.

Hometown: Pomfret, Connecticut.

Time in service: Two years.

Family: None.

What are your hobbies? Hiking, fishing, guitar, hockey.

What are your goals? Earn bachelor's degree in engineering.

What is your greatest achievement? Selected for below-the-zone promotion to senior airman.



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

Airman 1st Class Christopher Shaffer, 60th Security Forces Squadron installation patrolman, clears his M4 rifle June 18 at Travis Air Force Base, California. Security forces Airmen like Shaffer are responsible for protecting resources and personnel for the Air Force's largest air mobility wing.

'Year of the Defender' reshapes SFS

Nick DeCicco

60TH AIR MOBILITY WING PUBLIC AFFAIRS

The Air Force has undertaken a comprehensive effort to revitalize and reconfigure its security forces squadrons during the past year with the Reconstitute Defender Initiative.

Travis AFB is no exception. The initial push is 2019's "Year of the Defender," something Master Sgt. Joshua Wells, 60th Security Forces Squadron NCO in charge of operations, said aims to adapt, update and evolve the unit's approach on many fronts, from the digital realm to Airmen's practical, day-to-day mission.

"It's meeting a need that the Air Force has in our

career field to revive development for our people," Wells said. "They're taking the initiative here on the ground to foresee the needs that are being directed from up top."

Air Force leadership has identified eight areas of focus: Human capital, competent/lethal defenders, improved policy, modern equipment, modern weapons, improved facilities, improved infrastructure and integrated technology.

"We must always take integrated and layered base defense to a new level by increasing investment in our defenders with new equipment, new training, new tactics, techniques and procedures, and renewed focus at every echelon of command,"

said Gen. David L. Goldfein, Air Force chief of staff. "This is the Year of the Defender because we don't project power without the network of bases and infrastructure needed to execute multi-domain operations."

What that means on the ground at Travis is a bevy of changes, including modernizing tactics and training. One example is the discontinuation of Career Development Courses in favor of on-the-job training. Wells said CDCs felt more like homework and prepared Airmen to answer a question in a book, but didn't necessarily deliver the practical knowledge needed to accomplish the mission.

"Now these guys have to sit in a car or out on a post

or after shift or before shift with their troop, look at the training outline, go through the objectives, evaluate them and then document that they did it," Wells said. "Our career field requires you to talk with other people. You can't be great at a book and not be great with people in our career field and be successful."

Changing, too, is the content as well as the intervals of training courses. Pre-deployment training previously packaged all ranks into one training session each time they prepared to depart. Now, Wells said, enlisted Airmen are grouped by rank into one of four tiers for a training session at Fort Bliss, Texas, that certifies

See DEFENDER Page 23

Exchange hosts 'Free Friday' giveaways

Army & Air Force Exchange
Service Public Affairs

The Army & Air Force Exchange Service is continuing its Free Friday giveaways in 2019.

AAFES is offering Travis Army and Air Force Exchange service members and their families a chance to win riding lawn mowers, furniture, grills, blenders, espresso makers and more. The giveaway is conducted online at facebook.com/shopmyexchange.

"Our military service members and their families work hard and make sacrifices 365 days a year," said Phonda Bishop, Exchange general manager. "We're hoping that we will have some members of the Travis Army and Air Force Exchange community among the Free Friday winners."

In the two years the Exchange has been celebrating Free Friday, shoppers have received more than \$37,000 in prizes. The value of 2019's prizes will be approximately \$20,000, including a Husqvarna zero-turn, 23-horsepower riding lawn mower; Ashley four-seat dining room set; Dunwell reclining sofa; Kingsford dual-zone charcoal grill; Vita-mix blender; and Bissell wet/dry vacuum.

Military shoppers have already won nearly \$2,000 worth of Free Friday prizes this year, including a Char-Broil grill; Green Mountain Keurig brewer; 15-piece Gotham Steel cooking essentials set; and Cuisinart air fryer/toaster oven, blender and multicooker.

To enter the contests, authorized shoppers simply post a comment answering the question posed on each Free Friday post at facebook.com/shopmyexchange. In addition to active-duty, National Guard, Reserve and retired shoppers and military families,

See FRIDAYS Page 21

Summer reading program underway at Travis

Petty Officer 3rd Class Malcolm Kelley
U.S. NAVY VQ-3 DETACHMENT

The Mitchell Memorial Library at Travis Air Force Base, California, kicked off its annual summer reading program June 10 with a splash as volunteers provided a variety of activities, including a dunk tank, arts and crafts and a presentation about the solar system.

The goal of the program is to combat summer reading loss as numerous studies show that, on average, children lose up to two months of educational development and reading comprehension over their summer break. While the program is targeted toward school-aged children, it is open to adults as well. Participants who log 60 minutes of reading each week can earn prizes. The person who logs the most minutes will also receive a prize.

Willa Dozer, the summer reading program coordinator, said she hopes people participate in the program.

"In the first year of the program, we had over 400 people participate, but last year, we only had about half that number," she said. "We hope to increase those numbers this year by offering activities to kids, while sticking to our science theme. The library will host a variety of events during the program to promote reading and learning. Getting people more invested in science and learning is an invaluable investment for the families at Travis."

One mother said she appreciates the library offering the reading program.

"It's a great program for getting kids to read more," said Christina, a mother of two who registered for the program at the kickoff event.



U.S. Navy photo/Petty Officer 3rd Class Malcolm Kelley

Children listen to a solar system presentation at the Mitchell Memorial Library during the Summer Reading Program kick-off event June 10 at Travis Air Force Base, California. The program promotes reading and learning across all ages.

"It's not only a fantastic opportunity for children to maintain and improve their reading skills and learn new things, it is also a great opportunity for adults to make new friends, something that can be challenging to do when you are a busy parent."

The library has more than

enough content to keep adults and children alike entertained, she added. The program also offers parents a unique opportunity to learn alongside their children, which can create memorable and enriching experiences.

The summer reading program

ends Aug. 10. People can sign up for the program by visiting the library located at 510 Travis Avenue Monday through Thursday from 9 a.m. to 7 p.m., Fridays from 9 a.m. to 5 p.m., and Saturdays from 10 a.m. to 5 p.m.

For more information, call the library at 707-424-3279.

Celebrate July Fourth by sending Exchange gift cards

Army & Air Force Exchange
Service Public Affairs

People can show support for service members and their families this Fourth of July by sending gift cards from the Army & Air Force Exchange Service's website, ShopMyExchange.com.

The Exchange offers two types of gift cards. E-gift cards may be redeemed

online only at ShopMyExchange.com. Physical gift cards can be used at any Army, Air Force, Navy or Marine Corps exchange, including contingency locations in Iraq and Afghanistan, as well as at ShopMyExchange.com, MyNavyExchange.com and ShopCGX.com.

Military shoppers may use the gift cards to purchase snacks, electronics, books, clothing and more.

"Our nation's heroes protect our independence with their service," said Phonda Bishop, Exchange general manager; "Exchange gift cards make it easy for civilians to show appreciation for the sacrifices of all military service members and their families."

Veterans who have signed up for their lifelong Exchange online benefit can also use gift cards to shop the online

exchanges. Veterans can verify their eligibility at ShopMyExchange.com/Vets.

Civilians can purchase gift cards ranging from \$10 to \$500 addressed to a specific Airman, retiree or Veteran by visiting ShopMyExchange.com and clicking "Purchase Gift Cards" at the bottom of the page. Authorized shoppers can also purchase gift cards through their ShopMyExchange.com accounts.

Tech. Sgt. Joshua Cunico, 373rd Training Squadron military training unit flight chief, holds his children Joshua Jr., 5, and Rowan, 3, June 12 at Travis Air Force Base, California.

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



Sergeant reflects on parenting

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

"I don't like when daddy goes away; I want him here," said Rowan Cunico, 3.

She always wants her dad around and he wants to be there. Unfortunately, Tech. Sgt. Joshua Cunico, 373rd Training Squadron military training unit flight chief, knows deploying is a part of the job and he may have to leave his wife and three children again at

some point in his active-duty career.

"As a father, the hardest part of any deployment is leaving, because you know you're going to miss out on key moments of your child's life that you will never be able to get back," Cunico said.

He remembers thinking about this when he left for his first deployment as a new dad in 2014.

"When I left for Afghanistan, my son was

See PARENTING Page 21

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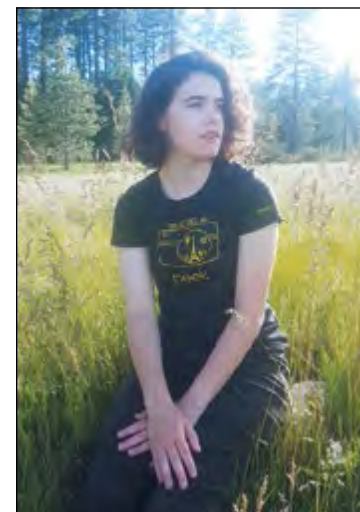
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Courtesy photos

Joelle Canto Adams, left, and Megan Lacsamana were selected as recipients of the 2019 Scholarships for Military Children from Travis Air Force Base, California.

Students with Travis ties earn scholarships

60th Air Mobility Wing Public Affairs

Two students at California colleges are the recipients of the 2019 Scholarships for Military Children from Travis Air Force Base, California.

Megan Lacsamana, 20, of San Antonio, Texas, and Joelle Canto Adams, 18, from Windsor, California, were chosen.

Each year the Defense

Commissary Agency partners with the Fisher House and local sponsors to award scholarships to eligible military children around the world.

Lacsamana, whose parents live in Fairfield, California, is studying human biology at the University of Southern California.

Canto Adams, whose parents also hail from Windsor, is studying marine biology at University of California, Santa Barbara.

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Evening Worship 5pm

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access code=672239#

Take steps to prevent illness from heat

Greg Chadwick
AIR FORCE HEALTH AND WELLNESS TEAM

Anyone exposed to high temperatures for a sustained period of time is at risk for heat-related illness.

Heat-related illnesses, such as heat exhaustion or heat stroke, happen when the body

is not able to properly cool itself. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises faster than it can cool itself down. Very high body temperatures may damage the brain or other vital organs.

Heat is one of the leading weather-related killers. The Centers for Disease Control and Prevention estimates that an average of 658 deaths are directly attributable to heat each year in the United States. Exposure to excessive heat can exacerbate many pre-existing health conditions, (e.g., cardiovascular, cerebral, and respiratory diseases), contributing to deaths from heart attacks, strokes, or respiratory ailments.

Certain population groups are at higher risk for heat-related illness. Infants and children up to 4 years of age are particularly vulnerable to heat-related illness, as their bodies are less

See HEAT Page 21

Nature's Hazards - Heat Illness Jeopardy Game

21 June / 1130 / 419 Columbus Cir, Bldg 166, Rm 133
26 July / 1130 / First St, Bldg 176, Break Rm
8 July / 1000 / EOD, Dixon Ave, Bldg 906, CR
10 July / 1130 / 434 Hangar Ave, Bldg 139, Break Rm
18 July / 1200 / Airlift, Dr, Bldg 381, FSS, 1st Fl, CR
24 July / 0800 / APS, Ragsdale St, Bldg 977, 2nd Fl, CR
24 July / 1530 / APS, Ragsdale St, Bldg 977, 2nd Fl, CR

Learn how to 'prepare before the scare' by attending a 'Nature's Hazards' class with CHPS. You'll learn how to keep your family safe by being prepared, identify common natural hazards and risks, and tips to keep safe when the unexpected happens.

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DoD seeks feedback on Resident Bill of Rights

Zoe Schlott

AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas — The Department of Defense is asking current residents of military privatized housing to provide feedback on a draft version of a Resident Bill of Rights.

The Air Force is part of a tri-service initiative to create a Resident Bill of Rights that identifies the basic housing rights of service members and their families living in privatized housing.

“Our most important resource is our people. We must protect our people — our Air Force family — by ensuring our privatized housing portfolio provides safe and healthy housing,” said Col. Michael Beach, Air Force Housing program chief. “We value the candid input of our Airmen. This is a real opportunity for them to influence change within the (military housing privatization initiative) program for the better.”

Families living in privatized housing can expect to receive an emailed letter from the Office of the Secretary of Defense which provides instructions on how to complete the survey which is being administered by CEL & Associates, Inc., a third-party consulting firm. CEL will collect resident feedback and analyze the information on behalf of the DoD. All information collected through the survey is confidential.

If you are a resident and have not received the emailed letter by June 18 or you have questions and/or are experiencing technical difficulties, please call the toll-free helpline at (800)-482-6431, or contact CEL & Associates, Inc. via email at BillOfRightsFeedback@celassociates.com.

Participation is voluntary, but the Air Force highly encourages its members to take this

See RESIDENT Page 21

SERE specialists showcase training



U.S. Air Force photo/1st Lt. Kayshel Trudell

An Air Force recruiter with the 330th Recruiting Squadron practices climbing a wall following instruction from survival, evasion, resistance and escape cadre members from the 66th Training Squadron, Detachment 3, June 3 at Joint Base San Antonio-Lackland, Texas.

1st Lt. Kayshel Trudell
AIR EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas — Special operations recruiters from the 330th Recruiting Squadron were welcomed by survival, evasion, resistance and escape cadre from Detachment 3, 66th Training Squadron, to learn more about SERE's Evasion and Conduct After Capture, or ECAC, course at Joint Base San Antonio-Lackland, June 3.

ECAC was the first stop for recruiters from the 330th RCS who travelled from across the United States to attend this biannual squadron training intended to immerse recruiters into SERE training in order for them to be better able to recruit Air Force SERE candidates.

“Today you experienced a half day's worth of what ECAC students are exposed to,” said Senior Master Sgt. Brian Kemmer, ECAC superintendent. “It is our job

as SERE specialists to ensure the tactics, techniques and procedures we teach gives anyone who goes through our course the necessary skills and confidence needed to return with honor, regardless of the circumstances of their isolation.”

ECAC is a four-day course and is the Air Force's level-B SERE training, provided to military members who will operate in high-risk locations or may find themselves in environments with increased risk of isolation or capture.

“The knowledge and insight we gained today and every time we partner with the SERE team here at Lackland, is absolutely vital for guiding our future warriors to their calling,” said Lt. Col. Heath Kerns, 330th RCS commander. “When our recruiters get this type of hands-on engagements they gain crucial experience to inspire the next generation. It helps us not only understand what SERE

See SERE Page 20

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Exercise paves way for progressive training



U.S. Air Force photo/Airman 1st Class Jacob M. Thompson

A UH-1N Iroquois with the 40th Helicopter Squadron prepares to land during an integrated recapture and recovery exercise June 11 at an intercontinental ballistic missile launch facility near Simms, Montana.

Airman 1st Class Jacob M. Thompson

341ST MISSILE WING PUBLIC AFFAIRS

MALMSTROM AIR FORCE BASE, Mont. — Military innovation, adaptability and technical and tactical advantages are vital to maintain the nation's defense posture.

By evaluating operations, units see what changes can be made to enhance training, policies and procedures.

Members of the 841st Missile Security Forces Squadron, 40th Helicopter Squadron, 341st Security Support

Squadron tactical response force, 341st Medical Group and 341st Missile Wing safety, with support from the 12th Missile Squadron, participated in an integrated exercise, displaying the weapons and tactics used during a recapture and recovery of an intercontinental ballistic missile launch facility.

"This was a wing level, interoperability training exercise," said 2nd Lt. Paul Wiza, 841st MSFS flight leader and on-scene commander during the exercise. "We had an integrated of different response

forces and backup forces to test our capabilities when it comes to recapture and recovery operations."

The training simulated a hostile's attempt to capture a nuclear asset. Security forces Airmen, who arrived by both Humvee and helicopter, began to combat the threat and worked their way toward retaking control of the launch facility. After neutralizing the threat, recapturing and securing the launch facility, the Airmen performed tactical combat casualty care.

See TRAINING Page 20

Misawa Block-50 F-16 hits 10,000 hours in air

Airman 1st Class China Shock

35TH FIGHTER WING PUBLIC AFFAIRS

MISAWA AIR BASE, Japan — One of Misawa Air Base's most famous flight line assets hit a historic milestone June 10.

A 29-year-old Block-50 F-16 Fighting Falcon, tail number 808, and affectionately known as "BOB," reached 10,000 flight hours during a sortie flown across Japan.

BOB is the first Block-50 F-16 in the Air Force inventory to hit 10,000 hours after Col. Kristopher W. Struve, the 35th Fighter Wing commander, piloted the aircraft through the history-making flight.

"Ten-thousand flight hours is a testament to American engineering, but more importantly, the blood, sweat and tears of the thousands of maintainers who have turned a wrench on this aircraft since 1990," Struve said following the flight.

"This jet has been in service for 29 years and an 18-year-old maintainer launched me today. I am proud of our maintenance team and how they continue to make the mission happen. They work around the clock to ensure our base is ready and able to ensure a free and open Indo-Pacific at any time, whenever called upon."

Senior Airman Gage Putman, a 14th Aircraft Maintenance Unit dedicated crew chief, may have taken over primary maintenance of the jet on May 4, 2018, but gives credit to the whole AMU and countless others throughout its lifetime for the aircraft's longevity.

"Everybody has pitched in with their effort to get BOB to where it's at now," Putman said. "BOB having so many flight hours is just a reflection of everybody's work ethic here."

Aircraft 808 etched its name in history flying in support of Operation Southern Watch in 1999 and during exercises such as Pitch Black, Vigilant Ace, Red Flag and, most recently, in support of exercise Cope Tiger. The longevity of this aircraft is thanks to its maintenance team, consisting of one crew chief and several other maintenance professionals, rotating in and out to provide service to the F-16s 24 hours a day, seven days a week.

In order to maintain this high-level operations tempo, every 400 flight hours the jets are put into what's known as "phase maintenance." This is no quick process; it takes more than 800 maintenance actions, consuming upwards of 1,500 man-hours to complete.

See F-16 Page 18

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Travis completes joint inspection with FEMA



Story and photos by Heide Couch
60TH AIR MOBILITY WING PUBLIC AFFAIRS

U.S. Air Force Airmen conducted a combined annual logistics drill and inspection with California Urban Search and Rescue Task Force June 7-13 at Travis Air Force Base, California.

Urban search and rescue is considered a “multi-hazard” discipline, as it may be needed for a variety of emergencies or disasters, including earthquakes, hurricanes, tornadoes, floods, dam failures, technological accidents, terrorist activities and hazardous materials releases.

When one of these disasters strike, task force personnel and equipment can be used locally or in global deployments. This means the CA TF-7, one of 28 Federal Emergency Management Agency Urban Search and Rescue Task Forces in the nation and one of eight in California, must be ready to load their assets onto U.S. Air Force aircraft based at Travis AFB within six hours of notification.

To avoid delays that might prevent the task force from swiftly reaching its destination, it is imperative the pallets, watercraft, vehicles and equipment that arrive at Travis AFB are airworthy.

Annual joint inspections ensure members of the task force and the 60th Aerial Port Squadron have the knowledge and understanding of all governing directives and requirements to safely and efficiently load equipment onto an aircraft. The training also provided a hands-on and visual experience of loading cargo onto a Travis C-17 Globemaster III.

CA TF-7 team members participated while 60th APS personnel inspected, weighed, measured and then loaded the cargo. The equipment, which included four light weight boats, two trucks, a van and two trailers were packed with tents and chainsaws.

“This is a fast, light package that we can get out quickly,” said Scott Johnson, Sacramento Fire Department captain and CA TF-7 logistics manager.

Tech. Sgt. Dominic Jones, 60th APS noncommissioned officer in charge of special handling, took part in organizing the joint inspection.

“The 60th APS works with outside agencies because it strengthens relationships in our communities,” Jones said. “Also, both parties learn from each other to make processes better when natural disasters occur.”

The inspections also strengthen the understanding and capabilities for all organizations involved.

“Any time I have done a joint inspection, I have always learned something new,” Jones said. “It’s a continuous learning process because not all joint inspections are going to be the same. Just being proficient and maintaining the knowledge does make a difference. The only challenge is not being familiar with their equipment.”

In September 2017, Team Travis flew the task force to hurricane-ravaged Puerto Rico and took additional search-and-rescue personnel to Mexico after an earthquake. Another successful inspection certifies Team Travis is ready to support the task force again if called upon by FEMA.

1) California Urban Search and Rescue Task Force 7 team members position vehicle ramps at the aft cargo bay door of a C-17 Globemaster III during a joint inspection and logistics drill conducted with 60th Aerial Port Squadron personnel June 13 at Travis Air Force Base, California. 2) Senior Airman Edward Colvin, 60th Aerial Port Squadron expeditor, uses a chain to secure cargo to the deck of a C-17 during the drill. 3) Members of CA TF-7 and the 60th APS back a boat trailer into the cargo bay of a C-17 during the drill. 4) Colvin discusses cargo loading procedure with CA TF-7. 5) CA TF-7 checks the position of a cargo transport trailer inside the bay of a C-17 during the drill. 6) Liam McGregor, left, transportation manager and Matt Gonzales, CA TF-7 transportation specialist, use a chain to secure an equipment transport trailer to the deck of a C-17 during the drill.

Swap Ads

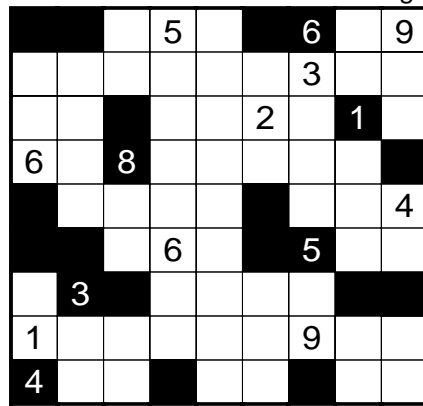
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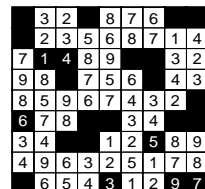
Puzzles

STR8TS

No. 443 Tough



Previous solution - Medium

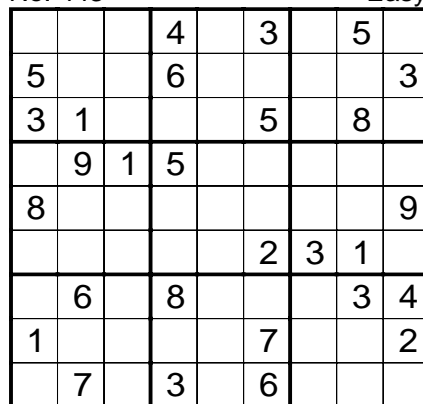


How to beat Str8ts – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

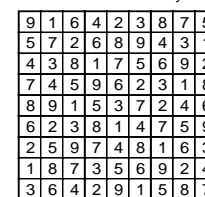
You can find more help, tips and hints at www.str8ts.com

SUDOKU

No. 443 Easy



Previous solution - Very Hard



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

For many strategies, hints and tips, visit www.sudokuwiki.org

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

The solutions will be published here in the next issue.

Retiree Corner

Retirees now eligible to stay at Edelweiss resort

GARMISCH, Germany—As of June 3, active-duty military service members, retirees and civilian/military ID cardholders living outside Europe are eligible to vacation at the Edelweiss Lodge and Resort in Garmisch, Germany.

The Edelweiss recently received approval from U.S. Army Europe and the

Federal Republic of Germany to allow military members stationed outside Europe and retirees to visit the resort on a limited, space-available basis.

“We’re elated to once again be able to provide memorable vacation experiences to all service members and retirees, not just those living in Europe,” said Brian Borda, Edelweiss general manager.

— **Air Force Retiree News Service**

News Notes

Upcoming

Blood drive. 10 a.m. to 4 p.m. June 28 at the Travis Fitness Center. Make an appointment in advance by visiting <https://bit.ly/2Y40Pe6>. All donors will receive a limited edition San Francisco Giants T-shirt while supplies last. For more information or to schedule a donation, call 877-258-4825 or visit vitalant.org.

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, RE Wing.

First Street Chapel

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

DGMC Chapel

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

The Church of Jesus Christ of Latter-day Saints

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

DGMC Chapel

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

Protestant

First Street Chapel

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

Twin Peaks Chapel

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

In the next week ...

True Rosie the Riveter speakers. 1 p.m. June 25 at the Base Theater. Four women from the Rosie the Riveter WWII Home Front National Historical Park will detail the history of the Rosies as well as the personal story of each Rosie in attendance. The presentation will also include a half-hour dedicated to questions and answers with audience members.

DGMC Chapel

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

Armen’s Ministry Center

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



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

Recurring

Air Force Office of Special Investigations.

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

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

Air Force Sergeants Association “Walter E. Scott” Chapter 1320. General membership meetings are at 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. Rosal Agapay.

Armen’s Attic. The Armen’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.AFMWellness.com or contact CHPS at 707-424-CHPS or CHPSTravis@fhh.lhhs.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 Quire at 501-231-7756 or email travspcombatpsd@gmail.com.

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

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

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

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

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

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

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

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

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

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

Solano/Napa Habitat for Humanity. This organization welcomes volunteers and supporters from all backgrounds. There are recurring events Tuesday through Saturday. For more information, email Staff Sgt. Mathew Clayton at mathew.clayton@us.af.mil.

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

Travis Composite Squadron 22 Civil



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

Today

- 6:30 p.m. “Toy Story 4” (G)

Saturday

- 6:30 p.m. “Toy Story 4” (G)

Sunday

- 2 p.m. “Toy Story 4” (G)

For more information on the Reel Time program, visit <https://bit.ly/2JG2nDU>.

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 the month at the Airman and Family Readiness 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 11 a.m. to 1 p.m. every Wednesday. For active duty, Guard, reservist and their families.

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. www.benicimainstreet.org

Big Solano Brewhaha. 1 to 4 p.m. June 22, 411 Davis St., Vacaville. www.facebook.com/events/285473865700678.

Fairfield Farmers Market and Thursday on the Green. 3 p.m. Thursdays through Oct. 4, Jefferson and Texas streets. www.fairfieldmainstreet.com.

“Feathers and Fur.” Loving Animals

Providing Smiles, 2:30 p.m. June 22; Paws for Healing, 6 p.m. June 25; Vacaville Public Library-Town Square, 1 Town Square Place. 1-866-57-ASKUS, www.solanolibrary.com.

Film Club. “Dark Star,” 7:30 p.m. July 11, Empress Theatre, 330 Virginia St., Vallejo. www.empresstheatre.org.

Party on the Patio. 5:30 p.m. Thursdays, through Oct. 24, Cast Iron Grill & Bar, 700 Main St., Suisun City. www.facebook.com/castrongrillandbar.

“Sounds of Suspense.” Radio broadcast, noon fourth Friday of each month, Vacaville Public Library-Town Square, 1 Town Square Place. Free. www.solanolibrary.com.

Third Thursday Night Market. 5 to 8:30 p.m. through September, Andrews Park, Vacaville. Free admission. www.downtownvacaville.com.

Vacaville Farmers Market. 8 a.m. to noon Saturday, through October, Creekwalk Plaza at Andrews Park. www.vacavillefarmers-market.com.

Vallejo Art Walk. 5 to 10 p.m. second Friday of each month, downtown Vallejo. Free admission. www.vallejoartwalk.com.

Vallejo Farmers Market. 9 a.m. to 2 p.m. Saturdays, year-round, Georgia and Marin streets. www.pcfma.com.

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

Airmen complete FTAC



U.S. Air Force photo

Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman 1st Class Rebecca Bean, 60th Inpatient Squadron; Airman 1st Class Jessica Beckett, 60th Aerospace Medicine Squadron; Airman 1st Class Myles Begay, 660th Aircraft Maintenance Squadron; Airman 1st Class Timothy Bertholet, 860th AMXS; Airman 1st Class Ethan Bess, 860th AMXS; Airman 1st Class Isaiah Boykin, 60th AMXS; Airman 1st Class Aundrea Britt, 60th Aerial Port Squadron; Airman 1st Class Brittney Brown, 60th Medical Diagnostics and Therapeutics Squadron; Airman Brittney Buchman, 60th APS; Airman 1st Class Kelsey Carmichael, 860th AMXS; Airman Marc Chavez, 660th AMXS; Airman 1st Class Molly Connors, 22nd Airlift Squadron; Airman 1st Class Eric Darwin, 60th IPTS; Airman 1st Class Gilberto De La Cruz Rivera, 60th Logistics Readiness Squadron; Airman Basic Ethan Gabriel, 60th LRS; Airman 1st Class Alexander Gervais, 60th Operations Support Squadron; Airman 1st Class Julia Gloria, 60th Medical Operations Squadron; Airman 1st Class Cordell Jacobs, 60th Maintenance Squadron; Airman Morgan Jacobs, 60th IPTS; Airman Basic D’kendrian Jennings, 60th LRS; Airman Robert McCullough, 660th AMXS; Airman 1st Class Sophia Miles, 60th MDTs; Airman 1st Class Joshua Quezada, 660th AMXS; Airman 1st Class Steven Russel, 60th MDTs; Airman Trystan Self, 60th IPTS; Airman 1st Class Romeo Shrestha, 22nd AS; Airman 1st Class Marisa Smith, 60th MDTs; Airman 1st Class Caleb Sonnier, 60th OSS; Airman Trevor Wise, 860th AMXS; and Airman 1st Class Tylar Zinke, 60th APS.

Changes in GI Bill transfers coming for Guard

Sgt. 1st Class Jon Soucy
NATIONAL GUARD BUREAU

ARLINGTON, Va. — Provisions allowing Guard members to transfer some or all of their Post-9/11 GI Bill benefits to their spouses or children are set to change in less than 30 days, limiting the time frame Soldiers and Airmen can transfer those benefits.

“You have to have a minimum of six years (in service) in order to be eligible to transfer benefits, and after 16 years, you’re no longer eligible,” said Don Sutton, Army National Guard GI Bill program manager, describing the changes set to go into effect July 12.

Sutton said the six-years-of-service rule isn’t new.

“You’ve always had to have a minimum of six years of service in order to transfer your Post-9/11 GI Bill benefits,” he said, adding the big change is the cut-off at 16 years of service.

“You’ll have a 10-year-window in which to transfer benefits,” he said, stressing that Guard members won’t lose the benefits after 16 years of service, just the ability to transfer them to their spouse, children or other dependents.

“The Post-9/11 GI Bill and the transfer of benefits are two entirely different and separate programs,” Sutton said. “Even though Soldiers may be ineligible to transfer benefits, they still have the Post-9/11 for their own use.”

For those interested in transferring their benefits, an additional four-year service obligation is still required.

“The (transfer of benefits) is a retention incentive,” Sutton said. “It’s designed to keep people in



Courtesy photo

National Guard members will soon see changes that will limit the timeframe to initiate transfers of their Post-9/11 GI Bill benefits to their spouses or children.

the service.”

Being able to transfer benefits to a dependent may have been perceived by some service members as an entitlement, said Sutton, adding that was one of the reasons for the time frame change.

“In law, transferring those benefits has always been designed as a retention incentive,” he said.

The exact number of Guard members who may be impacted by the change wasn’t available, said Sutton, adding that among those who could be affected are those who didn’t qualify for Post-9/11 GI Bill benefits until later in their career.

“We do have a small population of Soldiers who are over 16

years (of service) before they did their first deployment,” he said.

Some Guard members who may have earned the benefits early on, but didn’t have dependents until later in their careers, may also be affected.

“They joined at 18 and now they’re 15, 16 years in and they

get married or have kids later on in life,” said Sutton, who urged Guard members who plan on transferring their benefits to do so as soon as they are eligible.

“If you wait, you’re potentially going to miss out,” he said.

Some Guard members may have been waiting to transfer

the benefits until their children reach college age.

“There sometimes are some misconceptions that they have to wait until their kids are college-age or that they’re high school seniors in order to do the transfer,” Sutton said, adding there is no age requirement to transfer Post-9/11 benefits to dependent children.

“As soon as a child is born and registered in (Defense Enrollment Eligibility Reporting System), you can transfer,” he said.

After that transfer has been completed, Guard members can still make changes to how those benefits are divided between dependents or which dependent receives those benefits.

“Once the transfer is executed, and you’ve agreed to that service obligation, you can add dependents in, and you can move months around between dependents,” Sutton said. “It’s just that initial transfer has to be done before you hit 16 years of service.”

However, there is one group of Guard members who will not be affected by any of the changes: those who have received the Purple Heart since Sept. 11, 2001.

See **GUARD** Page 18

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Contest

From Page 3

events having competed in numerous 5K races, a half triathlon and a marathon in South Dakota.

"I just love competing at a level where you know people are putting their heart and soul into it and it's something most people wouldn't do because it's so challenging," he said. "Someone else is pushing themselves to the max, so I think, why can't I do that? In the end, it all comes down to putting in the work."

Williston said his fitness training and positive mindset also make him a better Air Force officer.

"My training keeps me in shape for the Air Force mission while I do something positive and hopefully, provides a good example of the well-rounded officer the Air Force wants," he said.

Williston said, one thing that has helped him be successful is goal-setting, something he stressed, can be beneficial for all Airmen.

"Most people would be surprised how powerful goal-setting can be and just how far you can go by setting small goals," he said. "The only way to be successful with anything is to put in the work and by establishing a goal and working

toward that goal, you are now accountable to that goal and are likely more motivated to complete it."

The captain has shared his fitness knowledge with junior Airmen to help them prepare for their annual fitness test and achieve their goal of a faster run time.

"While I was at Vance, eight Airmen told me they were nervous about their upcoming fitness tests because of their run times," Williston said. "I worked with them for five weeks and put them through sprint work five days a week. Each of those Airmen reduced their run times by a minute or more and they all passed."

The captain hopes for similar success at Hill in three days.

"I've been pushing myself harder than ever," he said. "I'm looking forward to running the course, putting myself to the test and qualifying for super regionals. I know I can work even harder and get stronger and faster than I am now."

The western regional competition will be available to watch via live stream on the 75th Air Base Wing's Facebook page June 21 at 12 p.m. mountain time. For more information about the competition, visit <http://www.myairforcelife.com/Fitness/Alpha-warrior.aspx>.



U.S. Air Force photo/Airman 1st Class China Shock

Airman Angel Guel, right, 14th Aircraft Maintenance Unit crew chief, helps secure Col. Kristopher Struve, left, the 35th Fighter Wing commander, into the cockpit of an F-16 Fighting Falcon June 10 at Misawa Air Base, Japan. As a crew chief, his duties are extensive and include pre-and post-flight inspections, intake examinations and all-around maintenance.

F-16

From Page 12

Maintenance crews disassemble the jet, thoroughly inspect all of the systems and components and then rebuild it. Throughout the entire process, some maintainers feel the jets take on their own temperaments, said Capt. Kayla Pipe, the 14th AMU officer in charge.

"I would say BOB has the most personality on the flightline," Pipe explained. "BOB will throw a fit every TDY. He doesn't like going, but when he's in the air, he is the show horse and a real champ."

It is for this reason she believes the aircraft engineers have extended the life of the aircraft, allowing an F-16, like BOB, to surpass milestone after milestone. And every time this aircraft flew past yet another engineering landmark, there, side-by-side, stood a dedicated crew chief.

Like so many before him, Senior Master Sgt. Daniel

Grochowski, the 14th AMU superintendent, said every Airman who touched this aircraft played a huge part in ensuring the maximum safety and longevity of BOB and other F-16s like "him."

"I'm real proud of all of the maintainers," Grochowski said. "It's not just Samurais and Panthers I'm proud of. I'm proud of the back shop, the people no longer stationed here and even the retirees who used to crew BOB."

Grochowski said the number of people aside from the pilot and dedicated crew chief who don't receive recognition or high fives grows as every year passes. They may not have their names on the side of the jet, but that does not take away from the fact those individuals keep the jets going for thousands of hours beyond their original engineering.

Similarly, Putman added that taking on this job as a senior airman can get overwhelming, but most of the time it gives him a good feeling.

"Life out here can get pretty rough," Putman said. "But seeing a pilot go knock out a mission while the jet is doing crazy stuff in the air, hitting milestones like this and all with your name on it is pretty satisfying."

Of all the crew chiefs who've worked on BOB, and those who could've been selected as the aircraft's dedicated crew chief, Putman added that it is a privilege because it is one of Misawa AB's best F-16s and it's his F-16.

"Hitting 10,000 hours honestly doesn't surprise me as much as it probably should because it's an awesome jet and it's mine," Putman expressed.

Given that the Air Force extended the F-16's service life to 12,000 hours in 2017, maintainers like Putman will continue to pour their blood, sweat and tears into BOB and every other aircraft on Misawa AB's flightline for many years to come and continue to accomplish the 35th Fighter Wing mission every day.

Guard

From Page 17

"The only rule around transferring benefits that applies (to those individuals) is you have to still be in the service to transfer them."

Regardless of status, Sutton reiterated that Guard members are better off transferring those benefits sooner rather than later.

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Moniz

From Page 2

better. I completed Airman Leadership School and the Air Force core values took on a new meaning. I focused on excellence and realized that as long as I kept a sustained focus on continuous improvement in both my personal and professional life, I could never fail because I would always be getting better. I also realized the importance of allowing Airmen to grow and not giving up on them. As a supervisor, it can be easy to dismiss someone who repeatedly messes up. But we owe each other more than that.

As a first sergeant, people are my business and because of that, I get the opportunity to speak to so many Airmen. Some days the conversations are joyous such

as congratulating someone on their promotion, an addition to the family or killing it on a fitness test. Other days are harder: Dealing with the loss of a loved one, encouraging someone after a failure or helping someone who feels as if they can no longer keep going.

All of these leave an impact on me daily, but none more than when I am talking to an Airman who has deviated from standards and isn't making good choices. When I talk to them, I see myself and realize that this is when they need someone to believe in them and their ability to change most. It doesn't always work for everyone, but we each shine differently and I encourage you to never lose hope in yourself or your fellow Airmen. Keep faith in the core values and you will always shine bright.

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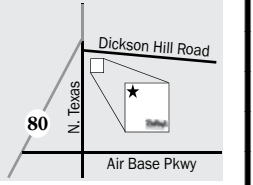
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SERE

From Page 11

candidates will do but also the character and passion needed for them to succeed. The SERE community fully supports our specialized recruiting and makes us better every time we come together. Thank you for always having open doors for us; we greatly appreciate you (Det. 3)."

The immersion was not only a chance to educate 330th RCS recruiters, it also gave SERE specialists an opportunity to showcase what it means to be a

SERE specialist.

"You are the ones who are building our Air Force," said Lt. Col. Patrick Graham, former Det. 3, 66th TRS commander. "We are an interesting and small career field. Today you saw the type of person it takes to be a SERE specialist and we hope that you can take this experience and leverage it to find motivated individuals who are up to the challenge. Thank you for what you are doing to help build SERE, special warfare Airmen and our Air Force."

The ECAC training facility opened at JB San Antonio-Lackland in October 2011 and

about 6,000 students graduate each year. Since there are no designated SERE career field in other military branches, Air Force SERE specialists assist with conducting SERE training for the Army, Navy, Marines, Coast Guard, National Guard, Reserves and other requesting agencies. Service members from other branches, train at the ECAC training facility.

For more information on SERE visit, <https://www.airforce.com/careers/detail/survival-evasion-resistance-and-escape-ser> or <https://www.gosere.af.mil/>.



U.S. Air Force photo/Airman 1st Class Jacob M. Thompson

An Airman with the 341st Security Support Squadron tactical response force moves through a field during an integrated recapture and recovery exercise June 11 at an intercontinental ballistic missile launch facility near Simms, Montana.

Training

From Page 12

The 341st MDG team then treated the moulage victims by triaging and treating any unaddressed or life threatening injuries. They also simulated stabilizing patients and transporting them onto helicopters for medical evacuation.

"Medical's role in the exercise is to provide guidance and identify what medical practices may have been done wrong, what can be improved upon and what our strengths are," said Tech. Sgt. Stenneth

Smith, 341st Medical Operations Squadron clinical medicine flight chief. "We're trying to learn what our capabilities are with the other units and becoming a cohesive team."

While training occurs every day at Malmstrom Air Force Base, this specific exercise was distinctive due to the interoperability between the various units.

"This training was unique because most of the year we do training like this within our squadron," Wiza said. "We don't usually get to work with other units, such as the 40th HS or 341st MDG. This is the 841st's first wing-level,

interoperability exercise with other squadrons for this type of training."

In a combined effort to innovate and improve the interoperability between various units on base, members from each squadron spent months planning this exercise. Seeing it finally come to fruition lived up to the long wait, Wiza said.

"This is a stepping stone of how we want to do exercises," Wiza said. "We innovated our tactical and strategic operations and tried new things. I'm happy we made this work and am excited to see everyone coming together to get the job done."



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

U.S. Air Force Tech. Sgt. Joshua Cunico, 373rd Training Squadron military training unit flight chief, plays catch with his daughter, Rowan, 3, June 12 at Travis Air Force Base, California. Cunico and his family cherish Father's Day this year because they get to spend it together. Cunico has deployed twice since becoming a dad in 2014.

Parenting

From Page 6

4 months old, which means I was a new father and my wife, a new mother," Cunico said. "We were getting adjusted to raising a child when I had to go, leaving my wife to raise our child without me for a while."

While Cunico was deployed, he served as a flying crew chief for combat and rescue missions. Finally nearing the end of his deployment, he was ready to go home, but didn't realize there would be a change of plans.

"My deployment was supposed to be four months long, but in the end, it lasted half a year," Cunico said. "By the time I got back home, my son was at the point where he was grabbing onto things to stand and making those funny little steps kids do when they're trying not to fall."

Cunico had come to realize that being away for so long not only made him miss out on time with his child, it also resulted in his son having no memory of him.

"When I returned, it was an adjustment because my son didn't know me," Cunico said. "He couldn't recognize me at all; I was a stranger to my own son because I wasn't there during the first phases of his life. So he had to warm up to me while I had to figure out how to be a dad, because my son was so young when I left. We took it one step at a time and figured it out from there."

Nearly two years later, Cunico's daughter, Rowan, was born, and he was intent on not missing out this time.

"When my daughter was born, I didn't deploy until she was a full year old, so I was able to make up with her what I missed with my son," Cunico said. "A little while later, I ended up deploying to Iraq in 2017 for five months, and leaving for this deployment wasn't any easier than the last time. It never gets any easier because you know when you leave, you're going to be gone for months at a time."

During his deployment, Cunico made sure to stay in touch with family any way he can.

"While I was away for these

deployments, we stayed in contact through Skype, email, calls and other various ways," Cunico said. "We would try to talk as often as we could to catch up and make sure everything was OK."

When Cunico returned from Iraq, he and his family began doing a variety of activities together to make up for lost time.

"We ride bikes around the neighborhood together, but my daughter is still on training wheels. We go a steady pace so she stays caught up," Cunico said. "We go to the park; they love jumping around the playsets, and just a little while ago, we went on a road trip to Ohio to see family for a month."

He has deployed twice since having kids and knows it could happen again at any time. So Cunico and his family make the most of their time by spending it together, he said.

"The relationship between my kids and I has only gotten stronger from our time apart," Cunico said. "We have learned to cherish the time that we have because, just like that, it can be taken away."

Fridays

From Page 4

honorably discharged veterans who have verified their eligibility to shop at ShopMyExchange.com can enter the weekly drawings.

Veterans can visit <http://bit.ly/VetForLife> for more information. Entries made by 9:59 p.m. PDT on the day of the posting will be entered into a drawing.

Drawings are held on the Monday after each Free Friday giveaway.

Heat

From Page 10

able to adapt to heat than adults, and they must rely on others to help keep them safe.

Adults 65 or older have a higher risk of heat-related illness due to age-related changes to the skin, such as poor blood circulation and inefficient sweat glands.

Carrying excess weight can affect your body's ability to regulate its temperature and cause your body to retain more heat.

However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. Other behaviors also put people at greater risk, such as drinking alcohol, and taking medications that impair the body's ability to regulate its temperature or inhibit perspiration.

Prevention is the best way to avoid heat-related illness. When it's hot outside, remember to:

- Stay in air-conditioned buildings as much as possible. If a home is not air-conditioned, you can reduce your risk for heat-related illness by spending time in public facilities such as a shopping mall or public library that are air-conditioned.

- Wear loose-fitting, lightweight clothing. Wearing excess clothing or clothing that

fits tightly won't allow your body to cool properly.

- Drink plenty of fluids. Staying hydrated will help your body sweat and maintain a normal body temperature.

- Protect against sunburn. Sunburn affects your body's ability to cool itself. Use a broad-spectrum sunscreen with an SPF of at least 15.

- Take it easy during the hottest parts of the day. Try to schedule exercise or physical labor for cooler parts of the day, such as morning or evening.

- Never leave people or pets in a parked car. Temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open.

- Closely monitor those who are at greater risk including older adults, the very young, and people with chronic health conditions. Visit older adults and those with chronic diseases a couple times a day and observe them for heat-related illness. Infants and young children need frequent monitoring.

- Stay updated on local weather forecasts so you can plan outside activities safely when it's hot outside.

Civilian Health Promotion Services will be offering educational briefings on summertime safety during June and July. For more information, visit AFMCwellness.com, or contact your local CHPS team.

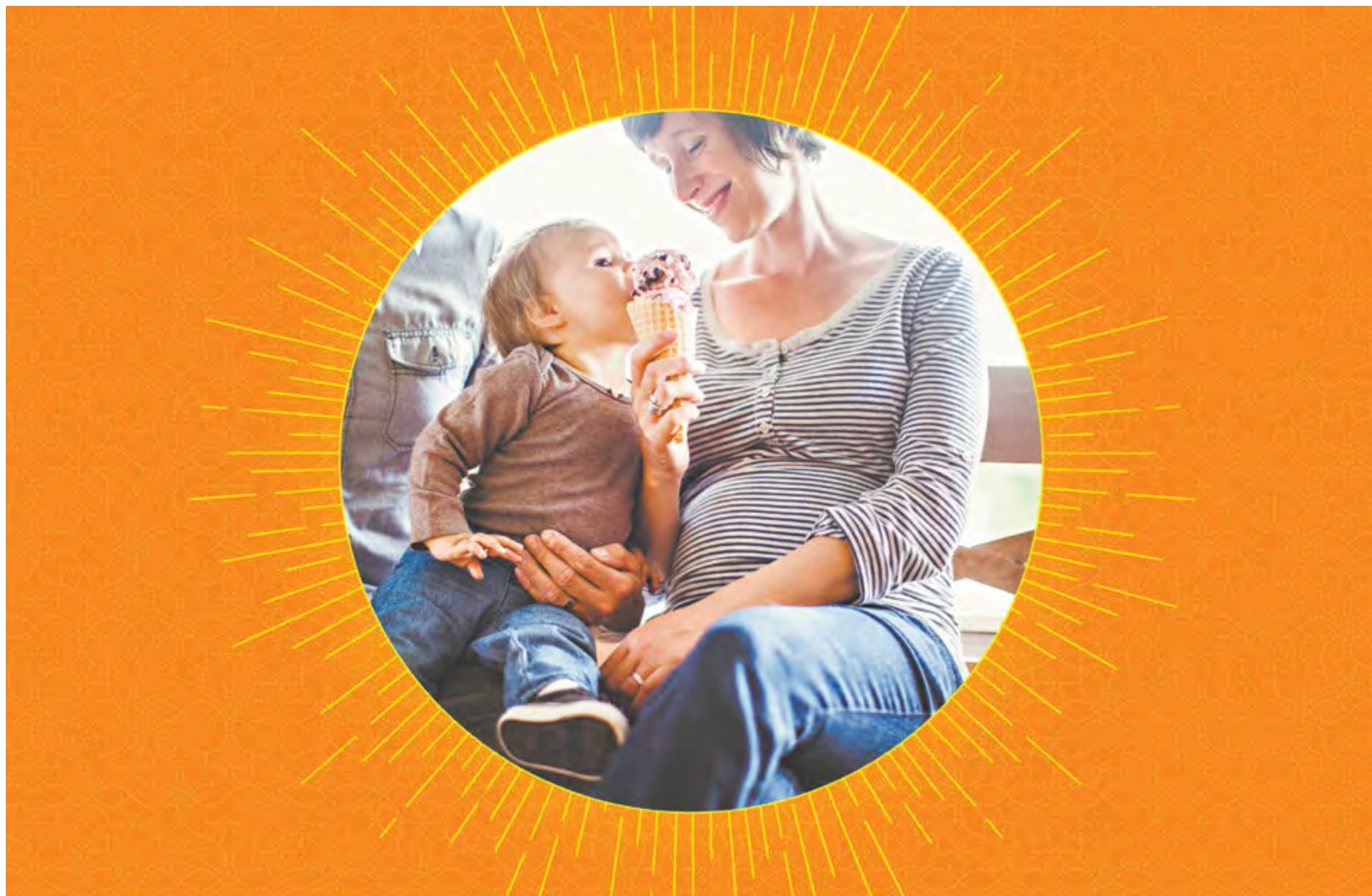
Resident

From Page 11

opportunity to contribute their voices to improving privatized housing experience for service members and their families, Beach said.

The Resident Bill of Rights is one of 60 initiatives the Air Force will complete as part of

its aggressive plan to address housing issues, Beach said. In February, Air Force commanders conducted a health and safety review with all residents in Air Force family housing. The Air Force used this feedback and other internal reviews to identify systemic issues and plot an aggressive campaign to overhaul the program.



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Defender

From Page 4

each Airman for a four-year period.

Wells said the demands of the mission, which sent many defenders to deployed locations on a regular basis, created gaps in the training and experience needed to deploy.

“Some of our law enforcement training and resources were falling by the wayside,” he said. “They had to balance that out and I think that one of the initiatives here is to find that healthy balance to make us a lethal and diverse career field.”

Other changes come in the digital realm. Booking stations and, specifically, the processing of fingerprints were overhauled. Gone for fingerprinting is a system that relied on ink on cards sent through the mail to a central location for processing. In its place is a digital scanner that electronically submits data straight to an FBI database.

“It’s a huge improvement in how we do law enforcement and how we do criminal case reporting,” Wells said.

Travis also is a beta-test site for new case-management software, which seeks to improve the flow of incident reporting and the sharing of information between bases and agencies.

“Year of the Defender” initiatives are not confined to software and training, however. An Air Force-wide initiative involves new standard duty weapons, replacing the M9 Beretta, a 9 mm pistol, with the M18 SIG Sauer Modular Handgun System. All security forces units are expected to receive their full complement of M18s by 2020.

Wells said, that although the “Year of the Defender” and RDI are specific to security forces, they’re part of a larger picture when it comes to the mission of the base and the service.

“We’re the subject-matter experts because we do defense all day, every day,” he said. “But when we get those other people in there, they have some fundamentals that we can apply to the overall defense plan. ... Every Airman is a defender, essentially.”



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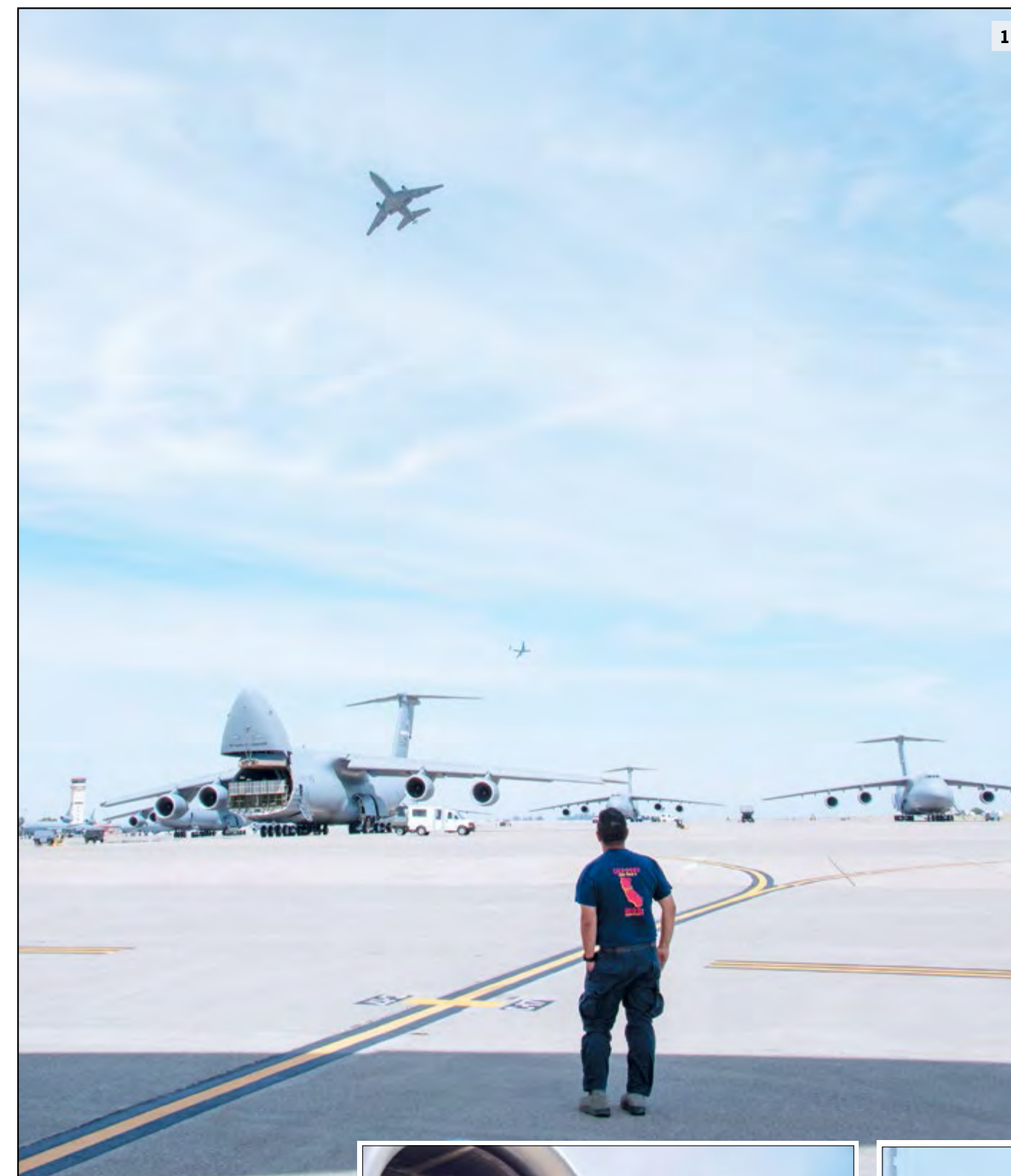
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