



# VISITING

## TRANSCOM leader sees Travis

**PAGES 14-15**



# What will you recall when you reflect?

I remember my grandfather telling me the same story several times before he died.

He served in the U.S. Army Air Corps and was stationed in England for most of his service in World War II. But at the end of the war, when the Allies finally were able to gain a foothold in Europe, he was moved forward to help liberate a continent that had been pummeled by war.

My grandfather would recount how his unit



Commentary by Lt. Col. Brian Thomasson

60TH OPERATIONS SUPPORT SQUADRON

arrived at a concentration camp run by the Nazis. With tears in his eyes and fingers shaking, he quietly shared how there were still prisoners in the camps – and there were still bodies stacked in rows – those who had not been fortunate to make it just one more day, but suffered at the hands of their captors and passed away days earlier.

Hearing him speak the words, you could tell it was a moving experience for

## Commander's Commentary

a young man from a small farm in North Carolina. Then his story would shift, quickly moving towards other, smaller things that surprisingly would eclipse the war stories. He shared stories about my dad and his siblings when they were kids, stories about us as grandkids, about people he knew who had impacted his life, about his faith and how God had taken care of him through the years. The

interesting thing was he never recounted personal accolades. He never talked about how he worked his way up from nothing to get a college degree, about running a business he started, or how he bought his first car. All good things, worthy accomplishments, but things that were not the focus at that point.

My grandfather wasn't a showy person – never given to bravado. He had a tremendous impact on the lives of others, not just in the war, but perhaps more so in the years afterward, as a school guidance counselor, parent and grandparent.

The thing that stood out was that he was always intensely focused on the person in front of him. You always walked away from a conversation with him feeling encouraged. Whether he was thinking about the people in the concentration camp or the little kid struggling in the classroom, his care for people as individuals and desire to serve others made a tremendous impact.

He wasn't perfect, sometimes he got it wrong and had to apologize and trust that those who cared about him would forgive

See THOMASSON Page 26

# Being energetic important to health, leadership

In today's Air Force, it can often feel like our workloads never diminish and our to-do lists quickly pile up with new and ever-increasing demands.

Unforeseen jobs arise that take precedence over the tasks neatly prioritized on your Outlook calendar, often adding stress and uncertainty as they change the trajectory of how you envisioned your day, week or month unfolding. I think it's accurate to say this type of overload happens to all of us, both in our professional and personal lives, and dealing with it can be challenging.

In my 19 years of service, I have always admired leaders who possess the fortitude to execute the everyday



Commentary by Senior Master Sgt. Alyson Kasberger

60TH OPERATIONS SUPPORT SQUADRON

mission while taking on unexpected challenges and tasks with passion and confidence.

Once, while I was working on a team and our objective changed unexpectedly after weeks of work, all it took was an enthusiastic, "we've got this!" and a couple of high fives from the team leader to alleviate frustrations and ready us for the task at hand.

For a long time, I couldn't quite put my finger on what quality made these leaders so resilient, what made them different. Over time, I've realized it is something intrinsic to all of us; energy and how it's focused.

Our energy can be expressed

## Enlisted Commentary

physically, emotionally, or spiritually and unlike many of the finite resources in our work centers, it is limitless. It's no surprise that the energy emitted by just one person can influence a climate positively or negatively; I'm sure we've all experienced how swift and powerful that shift can be.

Energetic communication and contact is infectious, and we owe it to one another to show up with selfless purpose and the positive drive to master each day. We perform best when we are surrounded by positive energy. It creates momentum and generates that buzz and excitement that can propel you and your team to new heights.

See KASBERGER Page 27

# 621st CRW prepares for natural disaster

Tech. Sgt. David W. Carbajal  
621ST CONTINGENCY RESPONSE WING  
PUBLIC AFFAIRS

Nearly 1.6 million people are still trying to get their bearings after a 7.2-magnitude earthquake ravaged Southeast Asia on June 17.

Collapsed buildings. Impassable bridges. Compromised water. Looting. Chaos hit the border of North and South Torbia.

After a request for assistance from South Torbia, U.S. Transportation Command calls upon its premier response forces: 621st Contingency Response Wing, 689th Rapid Port Opening Element and the Defense Logistics Agency's Rapid Deployment Team-Blue.

Don't worry, you didn't miss this on the news. This was the exercise scenario for Turbo Distribution 19-03, held July 18-24 at Contingency Operating Base Panther in North Vernon, Indiana.

In this joint training exercise, approximately 125 Airmen from the CRW teamed up with about 50 RPOE Soldiers and five DLA members to conduct a Joint Task Force-Port Opening in order to bring humanitarian aid and disaster relief to the people of the fictional country of South Torbia.

"Conducting HADR operations is one of the most important missions we do," said Col. Greg Cyrus, the 621st Contingency Response Group



Senior Airman Korrin Nortega, 921st Contingency Response Squadron, processes inbound cargo at COB Panther on North Vernon Municipal Airport in North Vernon, Indiana, July 22, as part of Turbo Distribution 19-03. Nortega and her aerial port counterparts have unloaded more than 450 pallets of humanitarian supplies in less than four days since the exercise began.

commander and the JTF-PO commander for TD 19-3. "Preventing further suffering and loss of life is an enduring value

of the United States and the contingency response groups are standing ready to assist when requested."

USTRANSCOM regularly exercises JTF-PO capabilities to ensure a trained, ready, joint team can rapidly assess,

deploy, open, operate, and manage aerial and sea ports. JTF-PO supports synchronized PO supports synchronized See PREPARES Page 27

## Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

### Air Force

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60th Air Mobility Wing commander
- 2nd Lt. Mike Longoria  
Officer in charge of command information
- Tech. Sgt. Traci Keller  
NCO in charge of command information
- Tech. Sgt. James Hodgman
- Senior Airman Jonathon Carnell
- Airman 1st Class Cameron Otte  
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## On the cover

**U.S. Army Gen. Steve Lyons, right, U.S. Transportation Command commander, recognizes Airman 1st Class Shelby Yellowhair, 60th Aircraft Maintenance Squadron, as a star performer July 24 at Travis Air Force Base, California.**

U.S. Air Force photo/Heide Couch



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

# WARRIOR OF THE WEEK

|   |  |  |
|---|--|--|
| <b>Name:</b><br>Senior Airman San Miguel Mario. | <b>Hometown:</b><br>San Antonio, Texas.      | <b>What are your goals?</b><br>To become a USAF officer.       |
| <b>Unit:</b><br>60th Aerial Port Squadron.      | <b>Time in service:</b><br>Three years.      | <b>What are your hobbies?</b><br>Working on cars.              |
| <b>Duty title:</b><br>Vehicle control officer.  | <b>Family:</b><br>Spouse, Irella San Miguel. | <b>What is your greatest achievement?</b><br>Marrying my wife. |

## AF seeks info on maternity uniforms

**Brian Brackens**

AIR FORCE LIFE CYCLE MANAGEMENT  
CENTER PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The Air Force Uniform Office has begun surveying female Airmen to collect feedback on Air Force maternity uniform items.

All Air Force women will receive an email message from the Air Force Survey Office with a unique link inviting them to take the survey. To determine who should take the full survey, the Uniform Office is asking participants to respond to the first survey question.

“Getting feedback on maternity uniform items is important,” Tracy Roan, Uniform Office chief said. “Our goal is to make uniforms more comfortable and provide a uniform that will sustain Airmen through their entire pregnancy.”

Roan went on to add that due to privacy rules, Airmen who have worn maternity items or are currently wearing them are a difficult population to reach and the survey is a great avenue to reach them.

Feedback from the survey will help determine how well maternity uniforms are meeting the needs of pregnant Airmen, and guide the design and development of the uniforms.

The survey, which is open to active duty, Reserve and Guard, ends Sept. 23.

For questions about the survey or maternity uniforms, send an email message to AFLCMC.WNUV.TAC.AF.UniformOffice@us.af.mil.

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

**Col. Gregg Johnson, 60th Operations Group commander, delivers his first speech as commander July 26 at Travis Air Force Base, California. Col. Theresa Weems, outgoing 60th OG commander, transferred command to Johnson during a change of command ceremony.**

## 60th OG greets new leader

**Tech. Sgt. James Hodgman**

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Col. Gregg Johnson took command of the 60th Operations Group July 26 at Travis AFB.

Johnson, who was the Operations Division Chief, Office of the Defense Representative-Pakistan at the U.S. Embassy in Islamabad, follows in the footsteps of Col. Theresa Weems, outgoing 60th OG commander. Weems transferred command to Johnson during a short ceremony, which featured a formation of Airmen, the presentation of colors as well as C-5M Super Galaxy, KC-10 Extender and C-17 Globemaster III static displays.

Johnson opened his speech with a message of thanks.

“First, to my beautiful wife Patricia, words cannot describe my gratitude for you. To quote Dave Matthews, ‘You and me together, can do anything,’” Johnson said. “Col. Weems, thanks for your exceptional leadership.”

The commander of the 60th OG is responsible for the daily operations for the Air Force’s largest air mobility wing, managing \$10 billion in assets, as well as support activities such as air traffic control and airfield management. While the commander may be responsible for all those things, Johnson said mission

success would be impossible without the dedication of 60th OG Airmen and he plans to take them to even greater heights.

“To the men, women and families of the 60th OG, no matter the uniform or civilian attire you wear, on an ever-changing and uncertain world stage you bring the certainty of rapid global mobility,” Johnson said. “That provides options to our President and combatant commanders to achieve our nation’s security objectives. You accomplish your mission without fail and without bounds.

“Global mobility is filled with a great history, the Hump, Berlin Airlift, Allied Force; every day you

continue to add new passages to the ledger of mobility history,” Johnson continued. “Together, we will continue to take care of the 60th OG family to accomplish our mission while we actively seek opportunities to advance innovation to dominate challenges across the spectrum of mobility operations.”

Col. Jeff Nelson, 60th Air Mobility Wing commander and the presiding officer for the ceremony, spoke highly of Johnson in his opening remarks.

“Col. Johnson is bringing a wealth of Air Force and joint operations experience to Travis and we are excited for him to begin building his

**See LEADER Page 18**

## Travis C-5M ‘front and center’ at Wisconsin air show



U.S. Air Force photo/Senior Airman Jonathon Carnell

**EAA AirVenture attendees watch the air show in front of a C-5M Super Galaxy July 26 at Whitman Regional Airport in Oshkosh, Wisconsin. The C-5 crew went to EAA AirVenture 2019 where more than 500,000 aviation enthusiasts from 80 countries gathered at the air show to celebrate the past, present and future in the world of aviation.**

**Senior Airman Jonathon Carnell**

60TH AIR MOBILITY WING PUBLIC AFFAIRS

The C-5M Super Galaxy was a main attraction at the EAA AirVenture 2019 July 25-28.

More than 500,000 people from 80 countries attended the airshow at Wittman Regional Airport in Oshkosh, Wisconsin, where they rekindled friendships and celebrated the past, present and future in the world of flight.

“It takes many different crews for our aircraft to soar the skies above 39,000 feet and engage globally,” said Lt. Col. Brian M. Trumble, 22nd Airlift Squadron director of operations and mission commander.

The flexibility of the 60th Air Mobility Wing allowed Team Travis to support the world’s largest airshow, explained Capt. Mark Bodalski, 22nd AS pilot and aircraft commander.

“The C-5M is a capable airplane that performs a unique mission very well and it was amazing to showcase the

aircraft for so many people,” he said. “It was most rewarding to talk to the middle and high schoolers who wanted to get into aviation. Getting to tell them our stories and answer all the questions they had will be an everlasting memory.”

The 22nd AS brought a full crew, which included pilots, loadmasters, flight engineers and, from their brother squadrons, 60th Aerial Port transportation specialists, and a 312th Airlift Squadron loadmaster.

For aviation enthusiasts, EAA AirVenture 2019 can make memories that last a lifetime, Bodalski said.

“This is one of the most impactful missions I’ve been on,” said Senior Airman Marcus Bueno, 60th APS transportation journeyman. “I was able to meet thousands of men and women from all around the world who had never seen such a large aircraft. And telling them what my part is in the large Travis mission felt amazing.”

**See AIR SHOW Page 22**

## Air Force to participate in Safe + Sound Week

**Susan Merhege**

AIR FORCE SAFETY CENTER

KIRTLAND AIR FORCE BASE, N.M. — The Air Force will participate in Safe + Sound Week Aug. 12-18. Safe + Sound Week is a nationwide event designed by the Occupational Safety and Health Administration to highlight the value of safety and health programs in the workplace and to celebrate the institutions that implement them.

The Air Force Safety Center is asking Airmen to take part in OSHA’s “Take 3 in 30” challenge as part of the Safe + Sound event. The “Take 3 in 30” challenge is simple: take three actions in 30 days to advance workplace safety or health culture. Some recommended actions include, but aren’t limited to:

• Make safety part of daily

conversations with workers.

- Walk the jobsite to identify hazards.
- Conduct a short safety meeting.
- Request a no-cost, confidential OSHA consultation.
- Create a safety video.
- Establish goals and objectives for a safety and health program.
- Recognize workers who meet or exceed safety and health goals.
- Find or become a safety mentor.
- Display a flyer or poster about workplace safety.

In order to make taking part in these actions easier, AFSEC has posted the necessary resources on its Safe + Sound public webpage.

Get “coined” by OSHA and AFSEC: Participants are

**See SAFE Page 17**

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# 'Fired Up Chief' stirs full house at theater



U.S. Air Force photo/Airman 1st Class Cameron Otte  
Retired U.S. Air Force Chief Master Sgt. Juan Lewis, the "Fired Up Chief," speaks with Airmen July 26 at Travis Air Force Base, California.

**Samantha Vanpelt**

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Retired Chief Master Sgt. Juan Lewis presented Airmen with words of wisdom and encouragement July 26 at Travis AFB.

It was 9:40 a.m., and the auditorium was already fired up. Even the coral walls screamed of the motivation, pride, enthusiasm and passion to come. Slowly, the room filled with active-duty service members and civilians alike. They filled the seats and left some standing – it was a full house.

Then, just past 10 a.m., he appeared.

Wearing an Air Force blue jersey with his name stamped across the back, Lewis, the "Fired Up Chief," streamed into the room. Applause erupted as shouts pierced through the excitement-charged air.

After a few words of gratitude for the organizers of the event, Lewis got down to business. He opened with a brief

snapshot of his time in the military – all 28 years of it – and defined what kept him going.

"I'm full of something you call 'pride, enthusiasm and passion,'" the chief said, with a triumphant grin. "When you put it all together, that stands for P.E.P."

This 'P.E.P.' not only fired up Lewis, but the Airmen in attendance seemed to feel his positivity. The room broke out in applause when he paused for a breath. Airmen hooted their appreciation. Approval was roared.

The chief highlighted his time at Royal Air Force Lakenheath, United Kingdom, and how he had to learn to stay positive. After a battle with paralysis and briefly losing his ability to speak, the retired chief has become more determined than ever to see Airmen succeed. Retiring in 2012 from Joint Base San Antonio-Lackland, Texas, he said he continues to push for the welfare,

See CHIEF Page 23

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# Strike Eagles take part in exercise with Navy

**Tech. Sgt. Staci Kasischke**  
U.S. AIR FORCES CENTRAL COMMAND  
PUBLIC AFFAIRS

ARABIAN GULF — U.S. Air Forces Central Command F-15E Strike Eagles attached to the 336th Expeditionary Fighter Squadron participated in an air operations in maritime surface warfare integration exercise with the U.S. Naval Forces Central Command USS Gonzalez (DDG 66) and a P-3 Orion in the Arabian Gulf, July 24.

“This unit-level exercise reinforced integration of U.S. Air Force assets in support of U.S. Navy surface combatants,” said Navy Lt. Cmdr. Adrian Willing, 609th Air Operations Center Master Air Attack Plan Cell planner. “This training reinforces the very real-world missions they are already conducting.”

The F-15Es are based out of Al Dhafra Air Base, United Arab Emirates, while the USS Gonzalez is assigned to Commander Task Force-55 and the P-3C Orion is assigned to the CTF-57 based out of Bahrain.

“The P-3C provides maritime domain awareness, can also function as a maritime air controller with long loiter times or employ its own weapons as required,” Willing said. “The USS Gonzalez is operating in the Arabian Gulf to guarantee international freedom of navigation.”

While the scenarios were simulated, the team practiced real world tactics, techniques and procedures to execute joint interoperability in maritime air control and dynamic targeting.

“By exercising the full operational process, we can identify and correct any issues that would slow or hinder rapid combat capability and seamless integration,” said Air Force Lt. Col. Benjamin Davidson, AFCENT Forces Division chief. “This builds a closer relationship between NAVCENT and AFCENT, that we can utilize when called upon to execute real-world operations. The improved lines of joint communication and coordination will further facilitate seamless execution during combat operations.”



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

**Maj. Joshua Reno, 860th Aircraft Maintenance Squadron commander, swims during the first leg of the Travis Triathlon July 27 at Travis Air Force Base, California. During the triathlon, which is in its 26th year, 31 athletes competed against one another. Participants had to swim 400 meters, bike 12 miles and run 3.1 miles.**

# Airmen push during triathlon

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

Three dozen Airmen competed in the Travis Triathlon July 27 at Travis AFB.

The triathlon is a multi-sport race that involves swimming, biking and running with little to no breaks between events.

“The triathlon was split into three portions: The swimming, the biking, and running,” said Staff Sgt. Ashlee Folks, 60th Force Support Squadron special events coordinator. “Participants swam 400 meters then biked 12 miles and ended with a 3.1 mile run.”

This triathlon featured six brackets and awards were presented to the top competitors.

“The six brackets involved a junior bracket, which had boys and girls 10 to 15, two separate brackets for males and females 16 to 29, another two brackets for males and females 30 plus and last the team bracket which consisted of teams of three,” said Folks.

During the awards ceremony, William Nichols, 60th Operation Support Squadron, was named the overall winner.

“It feels awesome to win; this is what I train for,” Nichols said. “My team and I train for events like this all year long. We swim,

mountain bike and trail run. So, it’s a good feeling when all your hard work pays off.”

Nichols may be a triathlete earning top positions now, but he wasn’t always the athlete he is today.

“When I started getting into the athletic events I was 250 pounds, I struggled with running, swimming and lifting,” Nichols said. “I found cheering people on and staying positive helped me stay committed to exercise, even if you’re running slower than everyone else.

Nichols encourages people to train and sign up for future athletic events

“Even if your goals seem impossible make sure you never quit, just get out there and give it all you got,” he said.

This was the 26th year Travis has hosted the triathlon.

“This is an event we put on every year, we put on about 12 to 16 events a year, but this is the one we do consecutively,” Folks said. “Because this triathlon involves a lot of full body exercises and this area is very big for triathletes that always want to participate.”

# Panelists discuss spousal employment



U.S. Air Force photo/Airman 1st Class Amy Younger

**Community government representatives, military spouses and military leadership listen to testimonies of panelists during a symposium July 25 at Travis Air Force Base, California. The symposium focused on military spousal unemployment and underemployment.**

# Simulators prepare Airmen for trouble

**Airman 1st Class Alexandra Singer**  
633RD AIR BASE WING PUBLIC AFFAIRS

JOINT BASE LANGLEY-EUSTIS, Va. — A patient lies on the ground, breathing weaker, and heart rate dropping low. It’s up to medical personnel to stabilize him before it’s too late.

And cut! The simulation is over and a briefing is given on what went right and wrong. Luckily, the patient wasn’t human but a simulator “dummy” used to prepare the 633rd Medical Group Airmen on real-world scenarios.

“They blink, they breathe,” said Raymond Jernigan, 633rd MDG simulator operator. “Even the baby simulators have motion. They cry. I can program it to talk. They can be programmed to have physiological responses – I’ll set the vital signs.”

The training with simulators usually begins with a pre-brief from Jernigan, going over how to use the simulators and what they can do.

A lot of the simulators can be used as part of the certification

training, such as the Laerdal SimNewB. These are the neonatal baby simulators that prepare the labor and delivery section on the neonatal resuscitation program. They can simulate breathing and be given vitals based on the specified training for which they are used.

The 633rd MDG education and training office also uses the simulators regularly for training.

“This allows us to do things that we couldn’t really do with humans,” said Tech. Sgt. Brandon Broadbent, 633rd MDG education and training noncommissioned officer in charge. “These really allow us to simulate injuries that we couldn’t otherwise do, so that’s a significant advantage when you’re talking about prepping people for combat situations.”

Based on the training, the simulators can be programmed to have specific vital signs. Jernigan can set the heart rate, blood pressure, pulse, etc. According to the numbers set, the students will do what they need to in order to stabilize the patient.

See **SIMULATORS** Page 17

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# AETC welcomes Webb as new commander

Dan Hawkins

AIR EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Lt. Gen. Brad Webb took the reins of Air Education and Training Command from Lt. Gen. Steve Kwast during a change of command ceremony at Joint Base San Antonio-Randolph July 26.

Air Force Chief of Staff Gen. David L. Goldfein presided over the ceremony and emphasized the importance of the AETC mission and he commended members of the command for their efforts. He listed Pilot Training Next, force development, a campaign of learning, squadron commander school and the overhaul of the officer and enlisted promotion systems as “future game changers for our

Air Force and joint teams.”

“This command has fundamentally changed how we develop Airmen to deliver joint warfighting excellence,” Goldfein said.

During his remarks, Goldfein spoke about Webb’s distinguished career as well as his leadership across the Air Force and joint special operations communities.

Expressing his confidence in Webb’s ability to lead AETC, Goldfein referred to Webb as the obvious choice for commanding AETC.

“He’s a mature, calm, seasoned and focused warfighter who has participated in almost every combat operation we have waged across the globe, as a special operator,” Goldfein said.

See AETC Page 17

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# Goldfein pays visit to Europe

Charles Pope

SECRETARY OF THE AIR FORCE  
PUBLIC AFFAIRS

THULE AIR BASE, Greenland — Familiar and well-honed goals fueled Air Force Chief of Staff Gen. David L. Goldfein’s recently completed 10-day trip across northern Europe and Greenland — underscoring the United States’ commitment to allies and friends, forging and reinforcing bonds that help ensure a safe and prosperous Europe, and finding ways to increase operational unity and reduce friction.

But there also was an unmistakable subtext connecting the stops in Estonia, Finland, Great Britain, Germany and Greenland. The thread was this: each country has valuable experience and insights for operating effectively in an age of great power competition. That reality can help the United States and its allies fine-tune strategies for deterring — and if necessary, defeating — Russia and China.

Goldfein did not disguise the purpose during the trip July 12-21. Moreover, his physical presence conveyed a message by itself since he was visiting Estonia, Finland and Greenland for the first time.

Estonia, he said, is on “the eastern flank of NATO and in some ways is an important part of NATO’s early warning.” Finland, which is not a member of NATO but is historically close to the U.S., has an even longer border with Russia.

“I wanted to get a good sense of what they’re thinking, how they’re dealing with living right there on the border. It’s always why I came into Finland because it’s right there with a large border with Russia; how are they thinking about this, what can we learn? How can we partner? All of that was part of the discussion.”

Specific discussions ranged from agile basing in Finland and

See GOLDFEIN Page 12

# Thule receives annual resupply

Staff Sgt. Alexandra M. Longfellow

21ST SPACE WING PUBLIC AFFAIRS

THULE AIR BASE, Greenland — Pacer Goose Sustainment is the Air Force’s annual resupply mission for Thule Air Base in Greenland.

This is the only time of the year when the Airmen of the 821st Air Base Group are provided with critical supplies.

“We receive construction materials, vehicles, Army and Air Force Exchange Service shipments and other supplies needed to sustain the base and carry out the mission,” said 1st Lt. Sylvan LaChance, 821st Space Test Squadron logistics flight commander. “Along with cargo that may be too large or heavy for airlift, the annual resupply delivers fuel — the lifeblood of the base. Fuel is required to power the base and the aircraft that land here.”

The annual mission is conducted any time after the last week of June until the second week of August. However, the time frame for unloading can vary greatly depending on the demand in any given year.

“Port season is limited due to weather and ocean conditions,” LaChance said. “The



U.S. Air Force photo/Staff Sgt. Alexandra M. Longfellow

The Rising Star assists cargo vessels supplying Thule Air Base, Greenland, July 18. The tugboat is operated during the fewer than three months per year the port is ice free. For the remainder of the year, the vessel is pulled up on the beach.

resupply must take place after the bay ice has melted and must be finished before the bay freezes over again in the fall.”

The resupply mission ships this time of year because the ice at the port of Thule is at its weakest. An icebreaker can clear the path for cargo ships.

Thule receives between nine and 12 ships during port season. This wouldn’t be possible without several units working together. For U.S. cargo, shipments are coordinated through the Defense Logistics Agency Distribution Norfolk, Virginia, the 21st Logistics Readiness

Squadron at Peterson Air Force Base, Colorado, and Thule AB’s logistics flight.

Pacer Goose isn’t the only resupply mission for Thule AB. Weekly aircraft missions take cargo and personnel from McGuire Air Force Base, New Jersey, to Greenland.

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Courtesy photo

Adam Kohler, United States Department of Agriculture Wildlife Services wildlife biologist at Altus Air Force Base, Oklahoma, handles a recently caught predatory bird. Kohler is the founder of the Predatory Bird Relocation Program, designed to keep these instinctive predators safe.

## USDA creates program to protect predatory birds

Airman 1st Class  
Breanna Klemm

97TH AIR MOBILITY WING PUBLIC AFFAIRS

ALTUS AIR FORCE BASE, Okla. — Hawks and falcons are an essential part of the ecosystem and are two of nature's instinctive predators.

Although these natural aviators are beneficial to the environment, they can pose a threat to the safety of Airmen, aircraft and vulnerable wildlife.

The 97th Air Mobility Wing Bird/Wildlife Aircraft Strike Hazard, or BASH, program, expanded with the addition of the Predatory Bird Relocation Program.

After seeing the risks predatory birds, or raptors, have when they live near or on airfields, Adam Kohler, a U.S. Department of Agriculture Wildlife Services wildlife biologist at Altus Air Force Base, created the Predatory Bird

Relocation Program, which safely removes birds that have the potential to injure themselves or aircrew.

"I work for the USDA Wildlife Services which acts kind of like the government's wildlife damage management program," Kohler said. "One of the big areas we work in are airfields. We use the BASH program to help keep the public and aircraft safe from accidents that may happen with wildlife."

The Predatory Bird Relocation Program is an important aspect in forwarding the mission of the 97th AMW. Each year, the Air Force spends approximately \$100 million repairing damage to aircraft from birds and other wildlife. Since Kohler founded the program in the fall of 2018, more than 20 raptors have been safely captured and relocated away from the airfield saving Altus AFB time, lives

and money.

"While hawks and falcons are less abundant than other birds found in this area, they are one of the species with the highest risk of getting hit," Kohler said. "Although there is less of them out there, they get struck by aircraft more often, and because of their size they inflict more damage when they are hit. That is why we created the program specific to relocate the raptors."

When a raptor is within a close enough range of the airfield to become a hazard, Kohler sets out harmless, simple traps to capture the bird. Once the raptor is caught, Kohler places a tracking band on its foot and relocates it to a safer environment.

"By us going out there and banding the raptors, it helps out U.S. Fish and Wildlife Services and any agencies that are studying wildlife," Kohler said.

## Goldfein

From Page 11

Germany to cyber defense in Estonia to multi-domain operations at a major conference of air chiefs in London. In Greenland, Goldfein received an up-close view of one of the United States' most important ballistic missile early-warning operations. Each is a critical plank of a broader strategy for identifying threats from Russia and China and calibrating proper responses.

In conversation with Maj. Gen. Pasi Jokinen, Finland's air chief, Goldfein discussed how Finland's proximity to Russia influenced the country's approach to homeland defense. He asked about Finland's prowess in disbursed basing, an ability that Goldfein has stressed in the last year as well. The two spoke about space, training, command and control and how Russia's 2014 incursion into Crimea reshaped thinking about the regional threat posed by Russia.

Goldfein also took part in a Finnish Air Force training mission, sitting in the backseat of an F-18 Hornet that departed from a base less than 100 miles from the Russian border. Afterward Goldfein was impressed. "There is zero daylight from what I saw of the quality of their Air Force and what we do every day."

"We talked about a lot of interesting topics. We talked about the operations environment and the Finnish Air Force and what we do here," Jokinen said in an interview. He also took part in the training flight, sitting in the backseat of another F-18.

"We have been using the term 'new normal' after Crimea in 2014. Activity in the Baltic region and this region is at a little bit elevated level. ... When their activity is high our activity is high," he said, referring to Russia's annexing the Ukrainian Peninsula.

During the trip's first stop in Estonia, which is a former Soviet state and now a member of NATO, Goldfein discussed with Juri Luik, the country's defense minister, and other senior officials a similar set of issues but also added an important additional topic — cyber defense.

"Estonia was (cyber) attacked in 2007 so they've got scar tissue," Goldfein said in

explaining why the U.S. is so interested in learning from Estonia. "Nothing gets you more serious about cyber defense than having been attacked. So I think they're probably as far ahead anyone I've seen in their ability to defend themselves."

That denial of service attack, which was linked to Russia, paralyzed much of the nation. Banks could not operate and ATMs were largely useless; media sites, including TV and newspapers went dark, government websites were snarled; internet service was essentially shut down for the entire nation.

In response, Estonia developed a reputation for taking steps to identify and stop attacks. It is a key member of NATO's Cooperative Cyber Defence Centre of Excellence, which was formed in 2008.

All of those topics are central to "multi-domain operations" or MDO, a tightly connected but multi-layered approach that combines sensors, weapons, command and control from air, land, sea, space and cyber in a way that poses challenges that no adversary can answer.

That capability is a central tenet of the new strategy for deterring and if necessary, confronting threats.

MDO was also the prevailing topic of the Air and Space Power Conference 2019 in London, one of the largest annual gatherings of air chiefs from around the world. Goldfein delivered a keynote address outlining the importance of multi-domain prowess to U.S. security.

"Where we are going, I believe, will change the character of modern warfare," he said to an audience that included air chiefs from 39 countries.

"Victory in combat will depend less on individual capabilities, and more on the integrated strengths of a connected network of weapons, sensors and analytic tools. This is important because as air component commanders of the world, we are uniquely positioned to integrate capabilities and we are often the ones who must pull it all together," he said.

The final stop at Thule Air Base in Greenland flipped the script. At Thule AB, 700 miles north of the Arctic Circle, is the Air Force's northern-most ballistic missile early warning facility.

# TRANSCOM commander pays visit to Travis



1) U.S. Army Gen. I. Steve Lyons, center, U.S. Transportation Command commander, Scott Air Force Base, Illinois, listens to John Buchanan, right, 60th Aerial Port Squadron transportation operations officer, during a visit to the 60th APS warehouse July 24 at Travis Air Force Base, California. Lyons interacted with Travis Airmen and toured several units while on the base. 2) Lyons is escorted by Col. Jeffrey Nelson, 60th Air Mobility Wing commander, and Chief Master Sgt. Derek Crowder, 60th AMW command chief, July 24 at Travis. 3) Lyons recognizes Staff Sgt. Cherielyn Amaba, 60th Medical Diagnostics and Therapeutics Squadron noncommissioned officer in charge of mammography, as a star performer July 24 at Travis. 4) Senior leadership at Travis render a salute as Lyons arrives to base. 5) Lyons listens to Nelson during a visit to the 60th APS warehouse July 24 at Travis. 6) Lyons speaks to members of the Defense Threat Reduction Agency during a visit to the 60th APS warehouse July 24 at Travis.



U.S. Air Force photos/Heide Couch



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### Puzzles

#### STR8TS

No. 449 Easy

10x10 grid for STR8TS puzzle No. 449 Easy. Numbers are placed in some cells, others are empty.

10x10 grid for STR8TS puzzle No. 449 Easy showing the previous solution.

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

#### SUDOKU

No. 449 Tough

10x10 grid for SUDOKU puzzle No. 449 Tough. Numbers are placed in some cells, others are empty.

10x10 grid for SUDOKU puzzle No. 449 Tough showing the previous solution.

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

### Retiree Corner

Whiteman remembers anniversary of B-2 flight

WHITEMAN AIR FORCE BASE, Mo. — This year, Whiteman Air Force Base commemorates the 30th anniversary of the B-2 Spirit's inaugural test flight on July 17, 1989, from Palm-dale to Edwards AFB, California.

crews have participated in five major military operations and countless training engagements. The bomber has completed missions in Kosovo, Afghanistan, Iraq and, most recently, Libya.

The B-2 was also the first aircraft over Afghanistan after the 9/11 attacks, for which aircraft and crew hold the record for longest combat mission at 44.3 hours. — Air Force News Service

### News Notes

Prescription update. Starting Aug. 26 all off-base prescriptions will be processed at the Base Exchange Pharmacy.

### 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, 6-8 p.m. every second and third Tuesday of the month at First Street Chapel Annex, vice 8-9 a.m. first Saturday of the month.
Moms group. Jesus Cares ministry, EFMP children's ministry, 4:30-6:30 p.m., every third Saturday of the month at First Street Chapel Annex.
Twin Peaks Chapel
Protestant Women of the Chapel: 9:30 to 11 a.m. Tuesday.
DGMC Chapel
Protestant Traditional Service: 10 to 11 a.m. Sunday.

#### Airmen's Ministry Center

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

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

### Recurring

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

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

Air Force Sergeants Association "Walter E. Scott" Chapter 1320. General membership meetings are at 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. Reynolds 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.AFMCFwellness.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 Quirate and Jessica Soto at 501-231-7756 or email travspcopcombatpsd@gmail.com.

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

Voluntary Leave Transfer Program. The following Travis employees are approved as leave recipients through the Voluntary Leave Transfer Program:
Dina Patterson-Steward, 60th Aerial Port Squadron

The VLTSP 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.

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

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. Thursday through August, 4 to 7 p.m. in September and October, First Street between B and D streets. www.beniciamainstreet.org.

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

Film Club. "The Biggest Little Farm," 7:30 p.m. Aug. 8, Empress Theatre, 330 Virginia St., Vallejo. www.empresstheatre.org.

Movies in the Park. Begins at dusk (about 8:45 p.m.): "Mary Poppins Returns," Aug. 3; Heritage Park, 611 Village Drive, Suisun City. Free admission. www.suisun.com.

Party on the Patio. Music begins at 5:30 p.m.: Outta Kontrol, Aug. 15; 5 O'clock Somewhere, Aug. 22; Cast Iron Grill & Bar, 700 Main St., Suisun City. www.facebook.com/castirongrillandbar.

"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

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

- Tuesday
6:30 p.m. "Spider-Man Far From Home" (PG-13)
9:30 p.m. "Rocket Man" (R)
Wednesday
6:30 p.m. "Men in Black: International" (PG-13)
9:30 p.m. "Child's Play" (R)
Thursday
2 p.m. "The Secret Life of Pets 2" (PG)

# THE FLIP SIDE

### 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 Richard Bee, 60th Logistics Readiness Squadron; Airman 1st Class Venus Bongolan, 60th Medical Operations Squadron; Airman 1st Class Brittany Boothby, 60th Medical Diagnostics and Therapeutics Squadron; Airman 1st Class Micaela Boyd, 60th Surgical Operations Squadron; Airman 1st Class Perry Cache, 60th MDTs; Airman Basic Cole Caldwell, 60th Aircraft Maintenance Squadron; Airman 1st Class Colin Chambliss, 60th AMXS; Airman 1st Class Kelly Chance, 60th Inpatient Squadron; Airman 1st Class Angelo Cisneros, 60th AMXS; Airman 1st Class Kaeley Denniston, 60th MDOS; Airman 1st Class Ethan Ellis, 60th Operations Support Squadron; Airman Basic Cristina Galang, 60th Aerial Port Squadron; Airman 1st Class Semaya Hall, 60th LRS; Airman Basic Justin Hawkins, 60th AMXS; Airman Basic Madisyn Ivie, 60th LRS; Airman 1st Class Quata-Jay Jackson, 60th APS; Airman 1st Class Chandler Jones Stroud, 60th AMXS; Airman Brandon Kim, 860th AMXS; Airman Trevor Lee, 60th Medical Support Squadron; Airman 1st Class Breana Leyva, 60th MDTs; Airman 1st Class Kristy McWilliams, 860th AMXS; Airman Cristina Meadows, 60th OSS; Airman 1st Class Truong Nguyen, 60th LRS; Airman 1st Class Pete Perez, 60th MDOS; Airman 1st Class Ricardo Puente, 60th AMXS; Airman 1st Class Majesty Quinn, 60th MDTs; Airman Basic Basudev Rijal, 60th MDSS; Airman 1st Class Brady Ruesch, 60th LRS; Airman 1st Class Ricardo Ware, 60th LRS; and Airman Jayden Williams, 860th AMXS.



U.S. Air Force photo/Sabrina Fine

**Air Force Chief of Staff Gen. David L. Goldfein presents the Air Education and Training Command guidon to Lt. Gen. Brad Webb, new commander of AETC, during a change of command ceremony July 26 at Joint Base San Antonio-Randolph, Texas.**

## AETC

From Page 10

“From humanitarian relief for Hurricane Andrew, to saving a downed pilot behind enemy lines in Bosnia, he actually hasn’t missed a fight. Many know him as our point man for the takedown of Osama bin Laden. I cannot wait to watch this command flourish under your steady and quietly confident hand.”

Taking the podium to speak to his command for the first time, Webb talked about the command’s people and the responsibility to defeat our country’s adversaries.

“Achieving victory takes hard work, training, good equipment and most importantly, it takes unique people,” Webb said. “Air Education and Training Command, the ‘First Command,’ for our Air Force, simply must ask Airmen to out-think, out-perform, out-partner and out-innovate any potential adversary. We must do

this with commitment to values because military prowess and economic might alone are not enough to secure our blessings of liberty. Our values, our character will be our guiding beacon. This is the mindset we must continue to instill here at the ‘First Command’ and we will.”

Prior to becoming the 34th commander in AETC’s history dating back to 1942, the 1984 Air Force Academy graduate and native of Austin, Texas, spent the previous two years leading Air Force Special Operations Command, overseeing approximately 19,500 active-duty, Reserve, Air National Guard and civilian professionals that make up the Air Force component of U.S. Special Operations Command.

Webb is a command pilot with more than 3,700 flying hours in the CV-22 Osprey, UH-1N Huey, MH-53 Low, MC-130H Combat Talon II and MC-130P Combat Shadow, including 117 combat hours in Afghanistan, Iraq and Bosnia.

Among Webb’s career achievements is being named winner of the 1996 Cheney Award for most valorous flight of the year in a humanitarian effort when he was involved in the search and recovery efforts for then-Secretary of Commerce Ron Brown in Croatia in April of that year. Webb also showed leadership during “Operation Assured Response,” a non-combatant evacuation operation in which his MH-53 team helped evacuate 2,126 people from 76 countries from the fighting that was taking place in Monrovia, Liberia.

AETC includes the Air Force Recruiting Service, two numbered air forces that oversee flying training and technical training, as well as Air University. The command operates more than 1,400 trainer, fighter and mobility aircraft at 23 wings, 10 bases and five geographically separated groups. It trains more than 293,000 students per year with about 61,000 active-duty, Reserve, Guard, civilian and contractor personnel.

## Safe

From Page 5

encouraged to list and share the three actions they take by posting them on a list in the workplace and on social media using the hashtags #AF-SafeAndSound, #Take3in30 and #SafeAndSoundAtWork. Once participants have completed their three actions in 30 days, they should contact AF-SEC at [segt.afsc@us.af.mil](mailto:segt.afsc@us.af.mil) and they will receive a return email message containing an

image of an OSHA coin which can be shared on social media or printed and posted in their workplace or newsletter. Airmen who create safety articles or videos will get a bonus Air Force Safe + Sound virtual coin.

AFSEC will share Airmen participation on Occupational Safety SharePoint and AF-SEC social media. Email AF-SEC.

For more information on Safe + Sound, visit: <https://www.osha.gov/safeandsound-week/>.



U.S. Air Force photo/Airman 1st Class Alexandra Singer

**Airman 1st Class Monique Wood, 633rd Medical Group medical technician, supplies oxygen to the neonatal simulator, July 10 at Joint Base Langley-Eustis, Virginia. The simulator helps train for things as simple as treating a bee sting to a mock code blue, meaning the patient is having cardiac issues.**

## Simulators

From Page 9

“They’re (simulators) used to help bring realism to training,” Jernigan said. “From my understanding, they used to have animal testing or people testing on each other. This provides a body that you can use and get a reaction from in a less stressful environment.

One thing about a simulator – you can’t kill it.”

The simulator can be used for a wide range of scenarios. It can be something as simple as treating a bee sting to a mock code blue, meaning the patient is having cardiac issues. With the training on the simulators, Airmen can better prepare themselves for real-world scenarios involving trauma, illness or administering life-saving skills.

# Leader

From Page 4

legacy here as he takes command of the 60th OG," Nelson said.

Johnson has served as a C-17 pilot, weapons school and Squadron Officer School instructor and he has held leadership positions on the U.S. Transportation Command staff, at the squadron level and beyond, Nelson added.

"I am delighted to pass the guidon to Col. Johnson and I look forward to the continued excellence of the 60th OG," he said.

While Nelson said he is thrilled to welcome Johnson to command Air Mobility

Command's largest operations group, he also acknowledged that for the past two years, Col. Weems led the group with excellence.

"The 60th OG has a storied history," Nelson said. "It was originally a troop carrier group during World War II and has seen action in every major conflict since. Having the privilege of commanding this prestigious group is not something to take lightly. It is an honor to be selected to lead the men and women of the 60th OG and for the past two years, Col. Theresa Weems has done so with strength, poise and dignity.

"The 60th OG has the best aircrews in the Air Force and without the dedication of the group's Airmen, we would be

unable to rapidly project American power anytime, anywhere," he continued. "During her tenure, Col. Weems worked hard to set the stage for the KC-46 Pegasus. She managed a \$235 million budget and she mentored and empowered more than 1,000 Airmen to innovate, lead and become experts in their craft. Her understanding of what it means to be an Airman, as well as an operator, has made this all possible."

Prior to the transfer of command, Nelson presented Weems with the Legion of Merit.

According to the award citation, Weems led the 60th OG to generate more than 12,000 sorties, off-load 42.9 million pounds of fuel and deliver



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

**Col. Theresa Weems, outgoing 60th Operations Group commander, delivers a speech during the 60th OG change of command ceremony July 26 at Travis Air Force Base, California.**

93,600 tons of cargo in support of Operations Freedom's Sentinel, Resolute Support and Inherent Resolve. The group was also essential in relief efforts after the devastation caused by Hurricanes Irma, Maria and Harvey.

Weems delivered her remarks, while at times, fighting to contain her emotion.

"When I showed up at officer training school 24 years ago, I never dreamed I would be completing a tour as a pilot, let alone as a commander," Weems said. "As a late-to-rate officer, I'd been told that I would never command and would be very lucky to rise up to squadron director of operations, so that's where I set my sights.

"The fact I was given the honor of leading the largest operations group in Air Mobility Command and the

responsibility of caring for and guiding these amazing military and civilian Airmen, is something that still amazes me and I don't take lightly," she continued. "I've enjoyed coming in to work, and although there are always lows to follow the highs in command, this group made my job look easy."

Weems thanked her squadron commanders, senior leaders, family and people who have impacted her career. She then highlighted the Airmen of the 60th OG, who she referred to as 'superstars.'

"There are so many superstars in this group, it would take two years to mention each one and their accomplishments," she said. "Please know that if you are part of the operations group - civilian, military; enlisted, officer; or contractor - you have my personal thanks for the job you do each and every day. You make a difference in the lives of your teammates and you make a difference in the defense of our Constitution.

"Thank you for your warrior spirit, for your ceaseless efforts on behalf of our nation, and for your teamwork," she added. "Getting to work with you has truly been the biggest honor of my life."

Weems' next assignment will be at the Air War College at Maxwell AFB, Alabama, where she will serve as an instructor.

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**The Righteous Brothers**  
Weds, Aug. 7th - 7:30 pm

**The Spinners**  
Thurs, Aug. 8th - 7:30 pm

**Tracy Byrd**  
Fri, Aug. 9th - 7:30 pm

**Kiss Revisited**  
Sat, Aug. 10th - 4:30 pm

**Journey Revisited**  
Sat, Aug. 10th - 7:30 pm

**Herman's Hermits**  
Starring Peter Noone  
Sun, Aug. 11th - 5:30 pm

**TICKET PRICES**

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## ASSEMBLY OF GOD

**First Assembly Of God of Fairfield**

**Lead Pastor: C. Eric Lura**

- 9:15 AM SUNDAY SCHOOL
- 10:30 AM \* MORNING WORSHIP
- KID'z CHURCH Grades K-5th
- 10:00 AM WEDNESDAY SENIOR PRAYER
- 7:00 PM WEDNESDAY NIGHT

Adult Bible Study  
Girl's Club  
Royal Rangers  
Revolution Youth  
\*Nursery Care Provided

**707-425-3612**  
2207 UNION AVE., FAIRFIELD  
[www.1agff.org](http://www.1agff.org)  
email: [info@1agff.org](mailto:info@1agff.org)

## BAPTIST

**Worship With Us...  
St. Paul Baptist Church**

1405 Kentucky Street  
Fairfield, CA 94533  
**Rev. Dr. Terry Long, Pastor**

**Sunday**  
Sunday School: 10:00 a.m.  
Morning Worship Service: 11:00 a.m.  
Children's Church: 11:30 a.m.

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

**Web Site:** [www.stpaulfairfield.com](http://www.stpaulfairfield.com)  
**Email:** [stpaulbcfairfield@comcast.net](mailto:stpaulbcfairfield@comcast.net)  
**Church Phone:** 707-422-2003

## BAPTIST

**TRINITY baptist church**

*Southern Baptist Convention*

401 W. Monte Vista Ave., Vacaville  
707-448-5430  
[www.tbvacaville.com](http://www.tbvacaville.com)  
Greg Davidson, Senior Pastor

Sunday:  
Worship Service & Bible Study.....9:00 am  
Worship Service & Bible Study.....10:30 am  
Evening Worship & Prayer.....5:00 pm

Wednesday:  
Dinner (Sept-May).....4:45 pm  
AWANA (Sept-May).....6:00 pm  
Youth.....6:00 pm  
Choir.....6:30 am  
Bible Study.....10:00 am, 3:30 pm & 6:30 pm  
*A home for Military families since 1960*

## BAPTIST

**MOUNT CALVARY BAPTIST CHURCH**

Dr. Clayton Lea, Jr. - Senior Pastor

**Fairfield Campus**  
1755 Enterprise Drive, Bldg. 3  
Fairfield, CA 94533

Sunday Worship Services  
7:00am & 9:30am.

Bible Study  
Tuesdays @ 7:00pm (Youth Sanctuary)

**Suisun Campus**  
601 Whispering Bay Lane,  
Suisun City, CA 94585

Sunday Worship Services, 11:00am

Bible Study  
Tuesdays @ 12:00noon  
707-425-1849  
[www.mcchcfs.org](http://www.mcchcfs.org) for more information

## BAPTIST

**orchard baptist church**

**itsallaboutfamilies.org**  
301 N. Orchard Ave., Vacaville  
707.448.5848

**SUNDAY**  
Classes for all ages..... 10:00 am  
Worship .....11:00 am  
CORE Bible Studies 12:30 & 5:00 pm  
(2nd & 4th Sunday)

**WEDNESDAY**  
Adult Studies.....2:00 pm  
AWANA for Kids .....6:15 pm  
Adult & Youth Studies.....6:30 pm

## BAPTIST

**First Baptist Church of Vacaville**

*The All Together Different Church*

**Senior Pastor Wyatt Duncan**  
Sunday Services:  
8am and 11am

Nursery available during  
11am service

Sunday School for all ages  
at 9:30am

Awana on  
Wednesdays at 6pm

1127 Davis Street, Vacaville  
707-448-6209  
[www.fbcvv.com](http://www.fbcvv.com)

## CHURCH OF CHRIST

**CHURCH of CHRIST**  
*Meets at Rockville Cemetery Stone Chapel*

4221 Suisun Valley Rd, Fairfield  
**9:00 a.m. Sunday Morning Bible Study**  
**9:50 a.m. Sunday Morning Worship**  
**5:30 p.m. Sunday Evening Worship**  
**7:00 p.m. Wednesday Evening Bible Study**

We welcome and encourage you to come and hear the good news of the gospel of Christ, and to learn about eternal salvation for all mankind that is offered through Jesus.

*"And there is salvation in no one else; for there is no other name under heaven that has been given among men by which we must be saved." Acts 4:12*

Bring a heart and mind willing to hear God's Word and to do His great will...  
For more information or directions, please visit our website at [www.rockvillecofc.com](http://www.rockvillecofc.com)

## CHURCH OF CHRIST

**YOU** are the one that God loves the most. Come worship with us so we can learn from **YOU**.

*Jesus said, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live; John 11:25*

**Sunday Morning Bible Study ..... 9 AM**  
**Sunday Morning Worship .....10 AM**  
**Sunday Evening Worship .....6 PM**  
**Wed. Evening Bible Study .....7 PM**  
*Homeless ministry at Mission Solano*  
**Rescue Mission 1st Friday of month 6-8 PM**

**CHURCH OF CHRIST - SOLANO**  
1201 Marshall Road, Vacaville, CA 95687  
707-451-9301 • [www.churchofchristsolano.com](http://www.churchofchristsolano.com)

## CHURCH OF JESUS CHRIST

THE CHURCH OF JESUS CHRIST of LATTER DAY SAINTS

Fairfield Stake Center  
2700 Camrose Ave.  
Sacrament Services Sunday  
0900 and 1200

Base Sacrament Services  
DGMC Chapel  
(1st Floor North entrance)  
Sunday 1600-1630

Inquires: Call LDS Military Relations Missionaries  
707-535-6979

## EPISCOPAL

**Grace Episcopal Church**

1st & Kentucky Streets, Fairfield  
(just off W. Texas St.)  
425-4481

**Sunday Services:**  
**8:00 a.m.**  
Holy Eucharist Rite I  
**9:15 a.m.**  
Pastor's Forum  
**10:00 a.m.**  
Holy Eucharist Rite II  
**Tuesday Service:**  
**10:00 a.m.**  
Healing Eucharist

Childcare Provided for all Services  
For additional information, contact the office at 425-4481

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## ISLAM

**Islamic Center of Fairfield**

1945 Kidder Ave., Fairfield, CA. 94533

**"THERE IS NO DEITY WORTHY OF WORSHIP EXCEPT ALLAH (GOD)"**  
Imam: Faridbeg Mirza  
**(707) 688-3999**

**Friday - Jumua Service**  
English Lecture: 1:00PM  
Khutbah: 1:30PM

**\*Daily Prayer Schedule**  
Fajr-Dhuhr-Asr-Maghrib-Isha

*\*Actual prayer times are listed in Website-Download Section.*  
<http://www.fairfieldmasjid.com>  
Email: [Fairfieldmasjid@gmail.com](mailto:Fairfieldmasjid@gmail.com)

**Islamic School**  
Mon-Tue-Wed-Thurs: 4:00-5:30PM  
**\*\*\*ALL ARE WELCOME\*\*\***

# DIRECTORY OF Local worship services

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## LUTHERAN

**BETHANY LUTHERAN MINISTRIES**

621 South Orchard Ave.  
Vacaville, CA 95688  
(707) 451-6675

[mychurch@gobethany.com](mailto:mychurch@gobethany.com)

**Worship Services:**  
**Sunday:** 10:00am with Bible Studies and Sunday School for all ages at 9:00am  
Fellowship: 11:15am  
Communion on the 1st and 3rd Sundays of the month @ 621 S. Orchard Ave., VV

**Pastor Dann Eitner**  
**Bethany Lutheran Preschool**  
451-6678  
[mypreschool@gobethany.com](mailto:mypreschool@gobethany.com)  
[www.gobethany.com](http://www.gobethany.com)

**Bethany Lutheran School**  
1011 Ulatis Drive  
Vacaville, CA 95687  
451-6683 ph • 359-2230 Fax  
[myschool@gobethany.com](mailto:myschool@gobethany.com)  
[www.gobethany.com](http://www.gobethany.com)

## LUTHERAN

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Traditional Worship: 10 AM  
*Children's Church during 10 AM Service*  
Adult Bible Study: 8:45 AM  
2075 Dover Ave., Fairfield  
(2 blocks south of Airbase Pkwy.)  
(707) 425-2944  
[www.tlcp.org](http://www.tlcp.org)  
Rev. Dr. Dan Molyneux, Pastor

## NON-DENOMINATIONAL

**Church of Christ**

1500 Alamo Drive  
Vacaville, CA 95687  
(707) 448-8838  
[www.vacavillechurchofchristalamodrive.com](http://www.vacavillechurchofchristalamodrive.com)

Sunday Morning  
Bible Classes .....9:30 am  
Assembly Worship.....10:45 am  
Evening Assembly Worship.5:00 pm

Wednesday Evening  
Bible Classes .....7:00 pm

Classes also by appointment  
Elders:  
Mark McCallister (707) 446-7477  
Ed Sanderson Sr. (707) 446-0536

## NON-DENOMINATIONAL

**Crossroads CHRISTIAN CHURCH**

A Passion to...  
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8:15am • 9:45am • 11:15am

*We offer:*

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- Children's Classes
- Youth Ministries
- AWANA Program
- Men's & Women's Bible Studies
- Prime Timers (Seniors Ministry)
- In Home Mid-Week Bible Studies
- Celebrate Recovery

**Bruce Gallaher, Lead Pastor**  
707-446-9838  
[www.cccv.me](http://www.cccv.me)

190 Butcher Road, Vacaville, CA 95687  
(off of Alamo, Just South of I-80)

## NON-DENOMINATIONAL

**FAITH Community Church**  
*To God be the Glory*

**Bible Based Expository Preaching**  
**Sunday Worship Services**  
9 AM, 10:45 AM & 6 PM

**Pastor Jon Kile**  
192 Bella Vista Road, Vacaville  
707-451-2026

**Nursery & Children's Classes Provided**  
**Adult & Youth Sunday School - 9 AM & 10:45 AM**

Check our website for more information on other ministries offered  
[www.vacavillefaith.org](http://www.vacavillefaith.org)

## NON-DENOMINATIONAL

**Word of Faith Christian Center**

Pastors Melba & Lenon Nears Jr  
650 Parker Road, Fairfield, CA 94535  
(707) 437-2257  
[www.wofccfairfield.com](http://www.wofccfairfield.com)

We are a culturally diverse ministry with a mandate to: Win the lost, Teach Disciples of Christ, Equip, Release and Mentor Men and Women for greater ministry.

**SUNDAYS**  
Pre Service Prayer - 10:30AM  
Praise & Worship Ministry in the Word  
Children's Ministry  
**THURSDAYS**  
Prayer - 6:00PM  
Family time in the Word - 7:00PM  
Kingdom Men - Men's Ministry  
TNT - Women's Ministry  
New Beginnings Youth Ministry  
Children's Ministry  
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## NON-DENOMINATIONAL

**VACAVILLE BIBLE CHURCH**

**"To know Him, and to make Him known"**

490 Brown Street  
Vacaville, CA 95688  
707-446-8684

**Sunday Services:**  
Sunday School 9:45am  
Morning Worship 11am  
Evening Worship 5pm

**Thursday Service:**  
Prayer Meeting 7pm  
Bible Studies throughout the week  
**Pastor Ben Smith**  
[www.vacavillebiblechurch.com](http://www.vacavillebiblechurch.com)  
[office@vacavillebiblechurch.com](mailto:office@vacavillebiblechurch.com)

## NON-DENOMINATIONAL

**Vacaville Church of Christ**

401 Fir St., Vacaville, CA 95688  
(707) 448-5085  
Minister: Ryan Brewer

Sunday Morning Bible Study  
9:30 AM

Sunday Morning Worship  
10:30 AM

Sunday Evening Worship  
6:00 PM

Wed. Evening Bible Study  
7:00 PM  
[www.vacavillecofc.com](http://www.vacavillecofc.com)

If you would like to take a free Bible correspondence course contact:  
Know Your Bible Program  
401 Fir Street • Vacaville, CA 95688  
(707) 448-5085

## NON-DENOMINATIONAL

**TFH THE FATHER'S HOUSE**

The Father's House  
4800 Horse Creek Drive  
Vacaville, CA 95688  
(707) 455-7790  
[www.tfh.org](http://www.tfh.org)

Service Times  
Saturday: 6pm  
Sunday: 9am & 11am

## UNITED METHODIST

**COMMUNITY UNITED METHODIST CHURCH**

"The People of The United Methodist Church™"

1875 Fairfield Avenue, Fairfield  
Phone: 707-426-2944  
Email: [info@cumcfairfieldca.org](mailto:info@cumcfairfieldca.org)  
Website: [cumcfairfieldca.org](http://cumcfairfieldca.org)

**Pastor Anne Choy**  
Worship Service 10:30 A.M.  
Sunday School for Children during the Worship Service

Communion is held the 1st Sunday of every month

Adult and Bell Choirs  
Adult Bible and Book Studies  
United Methodist Women  
Sunday Morning Bible Studies at 9:00 A.M.

## UNITY

**unity of the Valley Spiritual Center**

*Celebrating our oneness, honoring our diversity*

**350 N. Orchard Ave, Vacaville - 447-0521**  
[unityvv@pacbell.net](mailto:unityvv@pacbell.net)  
[www.unityvacaville.org](http://www.unityvacaville.org)

**Sunday Morning**  
8:00 am Coffee with God  
10:00 am Contemporary Celebration with Youth Education

**Wednesday Evening**  
6:30 pm Non-Denominational Meditation Time  
7:00 pm Contemplative Prayer

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See our menu: [healthylifeshakes.com](http://healthylifeshakes.com)

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**The Old Glory Honor Flight salute and welcome veterans home from the Vietnam War behind a C-5M Super Galaxy July 26 at Whitman Regional Airport in Oshkosh, Wisconsin.**

U.S. Air Force photo/Senior Airman Jonathon Carnell

### Air show

From Page 5

Year-round, more than 200,000 EAA community partners nurture the spirit of flight through a worldwide network of chapter, outreach programs and other events.

From beginnings more than 60 years ago, EAA AirVenture has evolved from a small gathering of aircraft and aviators into a grand, weeklong celebration known as "The World's Greatest Aviation Celebration."

"As far as air shows go, everything came together in a shorter than normal timeline," Bodalski said. "To bring Fred

in and out of Oshkosh took a lot of coordination from multiple teams."

Team Travis' ability to withstand and adapt to last minute challenges is part of the larger mission to rapidly project American power ... anytime, anywhere.

"We were the largest aircraft in the crowd," Bueno said. "I see Travis' aircraft and mission every day and it never gets old. Also, to be with such an outstanding team coming together and showcasing the Air Force's largest aircraft was really empowering to me."

To learn more about the EAA program, visit <https://www.eaa.org/en/airventure>.

### Chief

From Page 6

morale and success of Airmen everywhere he goes.

"It's all about perspective," he said. "One day, one of you ... is going to be faced with a significant, emotional event. And when that happens, you can either respond with a bad attitude or a good attitude. Your attitude is going to determine your progress."

Often, Lewis faces questions regarding his retirement and how it is spent. Friends ask why he's still motivating young Airmen instead of finding some new topic of ardor, he explained.

"When people don't understand your passion, they think you're crazy," he said, before reminding those gathered that passion and dreams are the only things worth having. "It all starts with a dream."

Staff Sgt. Ana Escobar Willacey, 60th Medical Support Squadron, described the chief's visit as "awe-inspiring." She wishes to one day do something similar and hopes to encourage her fellow Airmen in the meantime.

"To have that motivation ... even after 28 years ... that's something special," Escobar Willacey said.

Airman 1st Class Rico Polk, 60th Civil Engineer Squadron electrical systems apprentice, felt similarly. The chief's dedication and investment encouraged Polk to make the most of his time in the Air Force and remain positive.

"He had already done 28 years, and the fact that he's still here and he still feels the love... that's something to see," Polk said.

As the 'Fired Up Chief' rally came to a close, everyone stood to their feet.

When the claps and whoops faded enough for his words to be heard, Lewis implored Airmen one final time to realize their goals and go after them.

"I want to encourage you to dream big, dream super big. I want your dreams so big ... they'll probably say you're stupid," he said.



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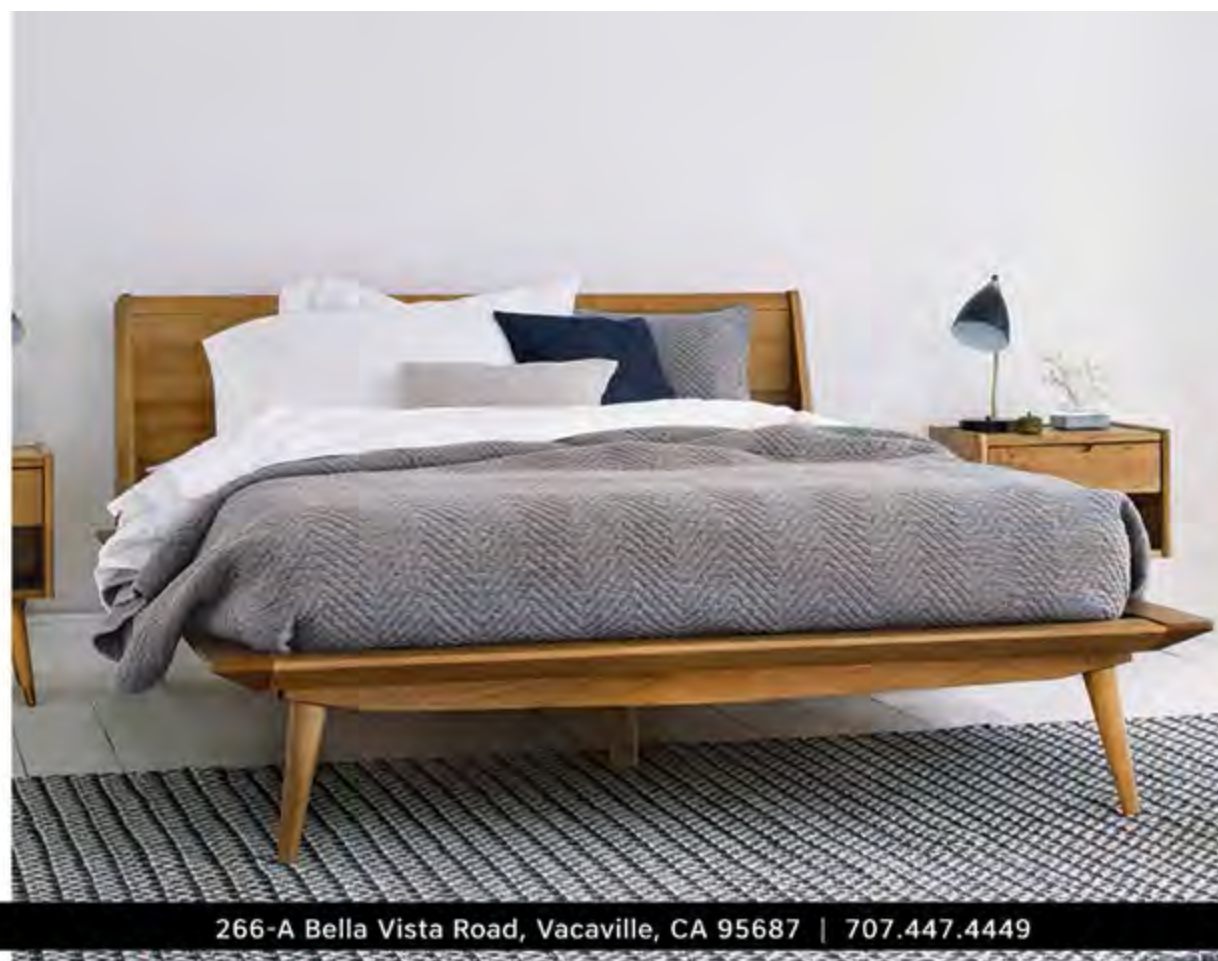
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## Thomasson

From Page 2

him. But then he focused on what was important and kept going.

When you near the end of your life, what will you look back on in remembrance? What's going to last? Is it that next promotion? That next job? Personal comfort or the thing that the advertisements told you that you're doing on a daily basis going to contribute to achieving something worthwhile, or are they going to get in the way?

It's easy in the hustle of life to lose perspective as urgent tasks cause us to be reactive in how we use our time and energy. It's easy to be personally focused and ambitious – distracted by thinking that we have to do something amazing or be discouraged thinking our time is wasted if we don't. This doesn't mean you only ever do the "important." Sometimes the mundane is necessary. You can't just wake up one day and do the big

thing, achieve the epic accomplishment, but getting up each day and continuing in the same direction, doing the hard work little by little, can add up to a lot of distance covered in the end. So what's the answer? Maybe it's more a matter of perspective and focus.

Those who serve in the military have an advantage in this respect. The nature of the profession means you're serving something larger than yourself – particularly in a country where we use phrases like, "We hold these truths to be self-evident that all men are created equal." The job means you're serving others and seeking their good, often at personal expense, because people matter.

You may not get it right the first time, or even every time. I know I sure don't. Sometimes we have to admit we failed, ask for forgiveness from those around us and move forward. But don't forget to ask yourself, what's my "why?" What's really important here? And "what's going to last?" It probably has something to do with the person in front of you.

## Prepares

From Page 3

cargo and passenger movement. The objective is to clear the port early in the humanitarian crisis and receive and stage cargo for onward movement.

Turbo Distribution exercises are specifically designed to train and assess JTF-PO capabilities. The exercises also build familiarity and improve interoperability among the participating Joint Force.

The Airmen, consisting mainly of the 921st Contingency Response Squadron, practiced mission stand up, command and control, conducting airfield operations and cargo processing as they strived to sharpen their skills of providing humanitarian relief.

Soldiers and Airmen worked at least 12-hour shifts, performing these tasks throughout the exercise on a 24-hour rotation.

The JTF-PO team delivered more than 285,000 pounds of humanitarian relief to include food, water, blankets, cots, health and medical supplies, generators and fuel over the course of seven days.

"We rely on each other to make sure this mission gets done," said Army Capt. JaLysa Walker, 689th RPOE commander. "The Air Force flies the supplies in and preps it, and we track it and transport it to the forward node, where the customer can retrieve it."

In this case, the "customer" can be military drivers picking up supplies for the other military installations in the region or it can be designated drivers picking up the supplies for the

refugee camps throughout the south portion of South Torbia.

The concept may seem straight forward, but a variety of scenarios were presented to the team to ensure they were prepared for the unexpected. Some of the scenarios included simulated chemical and ground-force attacks, loss of communications systems, protesters at the COB main gate, and improvised explosive devices along the primary route to the forward node.

The JTF-PO commander acknowledged focus areas and understands the value of this training.

"We weren't perfect, but we learned what areas we can improve on," said Cyrus. "It's important that we learn these critical lessons now so we don't make them when lives are on the line."

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## Kasberger

From Page 2

need a quick re-adjust, close your eyes, breathe deeply and focus on something you are grateful for, then re-approach the task. Whatever your disposition, find which methods work for you and routinely apply them.

Establishing a healthy work-life flow is possible and emotional burnout is

avoidable. I believe it is more important to manage your state of energy than your time, and the more positive your focus, the more productive you will be.

Remember, the energy you project can significantly inspire, uplift and ignite others around you. Next time those negative feelings start to creep in, ask yourself how you want to be perceived as a leader and allow your abundant energy to flow.

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