



LAUNCH

Travis plays
role in transport
of satellite

PAGES 14-15

Servant leaders build stronger Airmen

DYESS AIR FORCE BASE, Texas — I have the honor of speaking with Airmen of all ranks and ages where I get to share my perspectives on the Air Force and a host of other subjects that affect our Airmen every day. During a recent event with a small group of young Airmen, someone asked the commanders present to share “the ‘secrets’ of leadership that (we) have uncovered in our careers.” It is a compelling question that more experienced and successful leaders have tried to answer. I also found the question



Commentary by Col. Ed Sumangil
7TH BOMB WING COMMANDER

interesting because it implies there are secrets to leadership that, once uncovered, grant membership to an exclusive club. Nothing can be further from the truth. I want to share the greatest lesson I learned in my Air Force career: that leadership is not about me. In fact, it is about everything and everybody else but me. This characteristic of servant leadership amplifies the importance of the Air Force core value, “Service Before Self,” and affects the way we interact with and treat others. In the process of sharing this lesson, I hope to dispel the

Commander's Commentary

myth that leadership is an exclusive membership open to only a select and infallible few. As you might guess, I was not the greatest adherent to servant leadership early in my career. I joined the Air Force to fly airplanes, and I focused mostly on that technical aspects of my specialty. I worked hard at my job, and I became discouraged when I was overlooked for opportunities I felt I was “owed.” As my service commitment drew near, I started to look elsewhere for the chance to showcase my talents.

I then got to work for a series of leaders who exuded servant leadership. They valued and trusted the people who worked for them and they spent nearly every moment working for the benefit of others. They trained their Airmen, provided them opportunities and celebrated when their subordinates succeeded. I began to emulate this leadership style, and I soon found it more gratifying to see Airmen accomplish something they thought impossible for themselves. I attribute this as the moment when my career started to gain momentum. This is not easy and, although I strive to practice servant leadership every day, I am not perfect and regress more often than I care to admit.

Fortunately, the thrill of watching our Airmen execute and accomplish the missions successfully is enough to bring me back in line. The practice of servant leadership holds implications for how leaders treat subordinates. Summon those moments in your career when you have been “chewed out” by a supervisor when you made mistakes or failed at something. Recall how effective that experience was in changing your behavior. When used sparingly, a tongue-lashing might be useful in changing someone’s behavior. In most instances, those interactions do more harm than good because it leaves people thinking that they

See **SUMANGIL** Page 22

Loss of spouse's mother reveals strength in tears

Commentary by Nathan Kobylinski
92ND AEROMEDICAL SQUADRON

Commentary

FAIRCHILD AIR FORCE BASE, Wash. — When it comes to who inspires me, I don’t have to look further than my best friend, my wife. Some people might see that as cliché because we are always together, but I view it as a front-row ticket to inspiration. There are many reasons as to why she inspires me on a daily basis, but recent events occurred in our lives that shook our world showed me how inspirational she truly is. On Nov. 3, 2018, my wife lost her

original best friend, her mother. Nothing could have prepared us for this news out of nowhere. That phone call will never be forgotten as every emotion struck us both. From that first tear, she showed her strength. As we approach one year later, the pain is still real, but I have seen something in my wife – someone who is not afraid to remember the good times, someone not afraid to talk about her mother and someone not afraid to cry and feel that pain.

It takes strength to not bottle up emotion, to not just push it aside, but instead embrace it. Those tears show that her mother meant the world to her and made a lasting impression that will not be forgotten. She lives every day for her mother, to make her proud as she is watched over from above and I couldn’t be more proud. Another reason she inspires me is her overall caring of others despite her pain. Her father recently lost a cousin who my wife didn’t know too well but without thinking my wife’s first question was “what can we do to help?” She knew the pain and uncertainty that came with

news like that and her first instinct was to reach out and help. Each day has its own struggles, with some days being harder than others, but my wife strives forward to be the best she can be. She is caring, forgiving and loving, despite the curveballs life has thrown recently. Every day I smile and I’m thankful that she is my wife and that I get to do this journey with her as she inspires me to strive for more and get everything I can out of life. When a moment or day gets too tough or a memory of her mom comes around and she cries, I know that there is strength in those tears.

Travis sergeant earns RPA pilot wings

Nick DeCicco
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Editor's Note: Surnames were withheld to comply with Air Force guidelines on the disclosure of identifying information for intelligence, surveillance and reconnaissance personnel.

When a Travis Air Force Base non-commissioned officer showed up five months into a six-month course at Joint Base San Antonio, Texas, to become an Enlisted Remotely Piloted Aircraft pilot, there was confusion.

First, Tech. Sgt. Ron, 860th Aircraft Maintenance Squadron flight line expediter, was incorrectly sorted into the wrong course, a mistake which became clear when a staff member asked why he wanted to be a sensor operator. Once he did get to the correct class, further confusion came from his fellow classmates, who were surprised to see Ron join their ranks so late. He was able to skip much of the course because he already had his private pilot’s license and instrument rating.

“It was kind of weird showing up at Randolph in June and these guys have been together for the past five months, from the very beginning,” he said. “So I show up in the last month, like, ‘Who’s this guy?’”

To answer that, it’s important to wind the clock back. Years before earning his RPA pilot wings July 12, Ron was raised on Saipan, the largest of the Northern Mariana Islands in the Pacific Ocean. It’s less than 50 square miles. “It’s a dot on a map,” Ron said. “You can’t even see it on a map. You have to look hard.” Ron joined the Air Force in July 2009



Tech. Sgt. Ron, 860th Aircraft Maintenance Squadron flight line expediter, mans the controls of a Socata Trinidad TB-20 July 27 during a flight over the San Francisco Bay Area. Ron has accumulated more than 250 flying hours and completed Air Force remote pilot aircraft training July 12.

and arrived at Travis AFB in 2010. His time fixing C-17 Globemaster IIIs as a maintainer sparked an interest in aviation, so he began taking flying lessons at the base’s aero club in nearby Rio Vista. “I grew up at that aero club, from zero hours to where I’m at right now, they taught me how to fly,” he said.

Although he began the RPA course with the lessons learned through the aero club, Ron said he feels pressure to succeed so that the opportunity remains open for other enlisted Airmen to follow in his footsteps. “If I messed up, it would mess it up for future guys coming up,” he said.

“What matters is aptitude, intellect and work ethic.” Ron said the job brings a different sort of pressure than his role in maintenance. While the former was more overtly physically demanding, his new

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Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

Col. Jeff Nelson 60th Air Mobility Wing commander	Tech. Sgt. James Hodgman Senior Airman Jonathon Carnell Airman 1st Class Cameron Otte Tailwind staff
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Daily Republic

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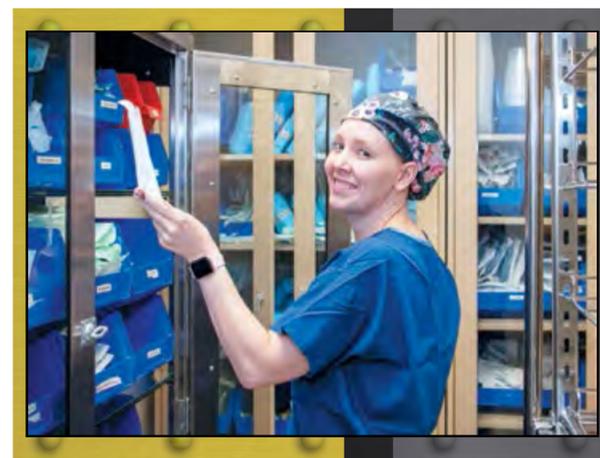
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On the cover

An Atlas V rocket carries the Fifth Advanced Extremely High Frequency satellite toward space Aug. 8 after being launched from Cape Canaveral Air Force Station, Fla.

U.S. Air Force photo/Taylor Nave



WARRIOR OF THE WEEK

<p>Name: Tech. Sgt. Tara Dougherty.</p> <p>Unit: 60th Dental Squadron.</p> <p>Duty title: Oral and maxillofacial surgery flight chief.</p>	<p>Hometown: Kansas City, Missouri.</p> <p>Time in service: 11 years.</p> <p>Family: Three children.</p> <p>What are your goals? To commission as an officer.</p>	<p>What are your hobbies? Cooking, exploring California parks with my children and being a softball mom.</p> <p>What is your greatest achievement? Being selected as OMS flight chief as an E-6 while having a successful career and being a full-time mom.</p>
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MHS Genesis migration to slow services

Merrie Schilter-Lowe

60TH AIR MOBILITY WING PUBLIC AFFAIRS

David Grant USAF Medical Center beneficiaries at Travis Air Force Base will experience longer wait times for some services as well as fewer available appointments beginning Sept. 7 when DGMC goes live with the new Department of Defense electronic health record system, MHS Genesis.

The new system will integrate inpatient and outpatient information, including active-duty dental records, make patient record systems standard across the military services, and improve access to care and overall safety for beneficiaries, according to Col. (Dr.) Kristen Beals, 60th Medical Group commander.

"As this transition begins, health care team members will receive 20 to 60 hours of extensive training on the new system," she said. "This will impact our access to care during the next few months."

The changes should not affect active-duty members to the degree that their health conditions could affect job performance, result in a profile or being assigned to quarters.

"If you are active duty, we will make every effort to see you, even if we do not have available appointments," Beals said.

If appointments are not available, active-duty members should leave a message with central appointments asking for a call from the team nurse, who will assess their symptoms and work with their primary care manager to address any health concerns.

All other beneficiaries may be referred to an off-base urgent care center facility for acute

See MHS GENESIS Page 23



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

Senior Airman Alexandria Lara, 60th Medical Diagnostics and Therapeutic Squadron pharmacy technician, searches customer information on a computer Aug. 12 at Travis Air Force Base. Lara works in the base exchange satellite pharmacy, where a team of seven refills 700 prescriptions each day.

Meds making move

BX satellite pharmacy to process prescriptions for off-base providers

60th Air Mobility Wing
Public Affairs

The Base Exchange satellite pharmacy will begin processing prescriptions from all off-base providers Aug. 26 as the 60th Medical Group at Travis Air Force Base transitions to the new electronic health care record system, MHS Genesis.

David Grant USAF Medical Center will go live with the new Department of Defense system Sept. 7. The transition will cause delays in DGMC services, including pharmacy, said Col. Bernard Vanpelt, 60th MDG pharmacy flight commander.

"The new system has more comprehensive options

and functionality for managing patient medical record requirements. However, like most new record keeping programs, there is a learning curve," he said.

Patients can expect prescription processing times to double at both the main and satellite pharmacies as staff members become familiar with the system.

The pharmacy staff will process prescriptions from network providers at the satellite pharmacy and prescriptions from DGMC providers at the main pharmacy.

This should alleviate some of the congestion at the main pharmacy and allow satellite pharmacy patients to access the commissary and base

exchange while they wait, said Vanpelt.

Also during the transition, processing time for refills will be extended to three days.

To help avoid running out of medications, patients can request prescription refills 22 days ahead of the expiration date for a 90-day supply and seven days ahead for a 30-day supply, said Vanpelt.

The new operating hours for the satellite pharmacy will be the same as the main pharmacy, 8 a.m. to 5 p.m.

"As members become more familiar with navigating through all the required prompts (in the new system), the expectation is that services will return to near

normal," Vanpelt said. "We do appreciate your patience during this upcoming transition and we look forward to continuing to serve all of our military beneficiaries."

MHS Genesis will integrate inpatient and outpatient information into one system. It also will standardize patient record systems across all services, improving the ability to monitor patient safety, outcomes and population health data.

The new electronic health system is being deployed in waves. Travis is in the first wave, along with Naval Air Station Lemoore and U.S. Army Health Clinic Presidio of Monterey in California and Mountain Home AFB, Idaho.

Emerging technology may save Airmen's lives

Heide Couch

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Whether it's in the desert, arctic, jungle, an urban environment or at sea, the men and women of the U.S. Air Force train to handle any situation.

The primary focus of Survival, Evasion, Resistance and Escape specialists is to train military personnel to survive any situation. These elite instructors are experts on how to survive in the most remote and hostile environments on the planet, and it's their responsibility to ensure when a mission doesn't go as planned, the Airmen involved are ready for anything.

This focus on readiness was on display Aug. 5 during a SERE exercise in Vallejo, which provided Airmen an opportunity to train using realistic scenarios while testing new technology.

"Aircraft must maintain combat mission ready status, allowing them to be deployable worldwide," said Tech. Sgt. Emanuel Espino-Mata, 60th Operations Support Squadron NCO in charge of SERE operations. "Pilots and other Airmen considered to be at high risk of isolation during a mission attend refresher training at remote locations near Travis AFB every three years to stay proficient in



U.S. Air Force photo/Heide Couch

Tech. Sgt. Scott Siesel, left, 60th Operations Squadron wing tactics noncommissioned officer in charge, and Tech. Sgt. Emanuel Espino-Mata, 60th OSS NCOIC of survival, evasion, resistance and escape operations, discuss logistics during a SERE training exercise that will last well into the evening Aug. 5 in a remote area near Travis Air Force Base. SERE instructors conduct the training to improve aircrew's skill sets and update them on new techniques, procedures and technologies.

SERE skills. It's also vital we as SERE instructors do all we can to ensure our Airmen can survive and operate in contested environments."

During the exercise, which

took place among steep rocky hills covered with insect-infested trees, 11 Airmen from flying squadrons across Team Travis joined two SERE instructors to test the Somewear Labs Hotspot

paired with a combat-configured smartphone, a device that can increase radio battery life.

"Today's exercise was the first-ever field test of the device developed by Somewear

Labs," Espino-Mata said. "Our c-cell radios only maintain limited battery power. They are also bulky and heavy. This new device can be paired with any smartphone once the user downloads the application and provides encrypted messaging between the user in the field, the receiver, another team member, a recovery force or a personnel recovery cell."

The device, which is smaller and lighter than some secure communications devices currently being used, has the potential to improve lifesaving capabilities by using a smartphone platform to run the software, which is something everyone is familiar with and comfortable using, Espino-Mata added.

It also offers a wide range of features.

"Our system supports digital maps for navigation, a modern digital experience for satellite messaging and data transmission, as well as comprehensive blue-force tracking for the tactical operations center or any command center," said Nate Simon, Somewear Labs product manager. "This is a huge step in evasion capability. This device is one of the lightest and smallest of its kind and a major

See TECHNOLOGY Page 26

Legislators' staff visits base



U.S. Air Force photo/Heide Couch

Senior Master Sgt. Keith Bennett, left, KC-46 Program Integration Office superintendent, briefs staff during a tour Aug. 13 at the Travis Air Force Base control tower. Representatives for California, Sens. Dianne Feinstein and Kamala Harris, visited Travis to gain better knowledge of the mission and discuss the strategic importance of the base.

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U.S. Marine Corps photo/Lance Cpl. Andrew Hiatt
Marine Gunnery Sgt. Mario Cardenas, with the Provost Marshal's Office, Headquarters and Headquarters Squadron, prepares lunch for the H&S Barbecue Cook-Off at Marine Corps Air Station Miramar.

MHS offers advice for end-of-summer events

Military Health System Communications Office take to ensure a successful outdoor get together.

As the summer ends and autumn begins, August is time for end-of-summer cook-outs. The Military Health System offers a range of preventive health information for summer safety, so here are some steps to

Choose your location carefully
 Location is of the utmost importance when planning any gathering. With the weather cooling off, the great outdoors will be host to a variety of pool

See SUMMER Page 19

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Augmented reality improves welding

Staff Sgt. David Owsianka
7TH BOMB WING PUBLIC AFFAIRS

DYESS AIR FORCE BASE, Texas — While most people expect to see sparks flying throughout a room where welding is being completed, one metals technology room at Dyess Air Force Base creates no sparks or mess within the operating area.

The 7th Equipment Maintenance Squadron metals technology section recently received an augmented reality welding system to improve real-world welding.

The metal technology section provides welding support for the C-130J Super Hercules and B-1B Lancer aircrafts, aerospace ground equipment and all other facilities across the base.

“This is very important for our unit because it allows our Airmen to receive the training they need without an extra body assisting the individual as they weld,” said Master Sgt. Joshua Briscoe, 7th EMS metals technology section chief. “The welding system will tell the Airmen what they are doing incorrectly and how to improve their techniques.”

Airmen who arrive to the unit after receiving their technical training will be able to use the system for their upgrade training to become more proficient at welding. For Airmen who go through their upgrade training on the system, it will save approximately \$25,000 in gas and material costs and about 120 man-hours per Airmen.

The augmented reality system is split into three training operations for welding: metal inert gas, tungsten inert gas and arc welding.

Metal inert gas welding is the process in which an electric arc forms between a

See WELDING Page 18



U.S. Air Force photo/Staff Sgt. David Owsianka

Airman 1st Class Taylor Dow, 7th Equipment Maintenance Squadron metals technology apprentice, uses the augmented reality welding system to train on welding a groove well Aug. 5 at Dyess Air Force Base, Texas. The augmented reality system is split into three training operations for welding: metal inert gas, tungsten inert gas and arc welding.

Handbook catalogs benefits for sick, wounded

Health.mil

Are you a wounded, ill and/or injured service member, or family member or caregiver of such a service member, and looking for information on benefits and resources? Not sure where to begin?

The Department of Defense Compensation and Benefits Handbook for Wounded, Ill, and/or Injured Service Members can serve as a great starting point.

It summarizes programs and resources available to wounded, ill and/or injured service members and the people in their support networks, answering some of the most pressing questions that arise during recovery, rehabilitation and possible return to duty or transition to the civilian community.

Every year, the DOD works with the U.S. Department of Veterans Affairs, the U.S. Department of Labor, the U.S. Department of Education, the U.S. Social Security Administration, and the U.S. Military Services to update the compensation and benefits information detailed in the handbook.

The 2019 edition includes changes to DOD disability compensation, TRICARE health plans, education benefits, and more.

Some of the user-friendly features include a linked table of contents that takes you directly to specific sections in the handbook as well as hyperlinks that lead to external websites where you'll find more detailed information about programs and resources.

Learn more about what's new in the latest edition and download a copy at <https://bit.ly/2H6r6SA>.

Little Rock supervisor sets standard for Airmen

Airman 1st Class Mariam K. Springs
19TH AIRLIFT WING PUBLIC AFFAIRS

LITTLE ROCK AIR FORCE BASE, Ark. — To an average person, managing a supply warehouse of individual protective equipment worth nearly \$9 million, as well as securing and deploying an armory worth \$2.1 million, and supervising 14 Airmen every day would be seemingly impossible — but not for one Airman.

Staff Sgt. Erika Harlan, 19th Logistics Readiness Squadron IPE supervisor, tackles this daily challenge with positivity and a smile while maintaining nearly 650 different pieces of equipment.

“Not everyone can be on a plane,” Harlan said. “There has to be someone back here doing material management and I’m proud to be the one to do it.”

Harlan is responsible for supervising and training Airmen in the material management flight, often referred to as supply, who work every day to maintain inventory throughout the warehouse ensuring assets are ready for use.

“I try to keep them pumped about supply being our pride and joy, no one messes with it, and we take care of it,” Harlan said. “I try to let the Airmen know why what they’re doing is important, not just that they have to count something again.”

U.S. Air Force Tech. Sgt. Isaiah Vance, 19th LRS NCO in charge of IPE, said Harlan constantly checks on Airmen’s well-being and encourages them to better themselves both on the job and outside of work.

“In today’s Air Force it’s imperative that supervisors have that balance between personal and professional relationships,” Vance said. “Harlan is the standard for having



U.S. Air Force photo/Airman 1st Class Mariam K. Springs

Staff Sgt. Erika Harlan, 19th Logistics Readiness Squadron individual protective equipment supervisor, poses Aug. 6 at Little Rock Air Force Base, Ark. Harlan is responsible for supervising and training Airmen in supply who work every day to maintain inventory throughout the warehouse ensuring assets are ready for use. The material management flight, often referred to as supply, works to inventory and manage a variety of Air Force assets.

and maintaining this balance. She is a great leader and a great example for our younger Airmen to follow. We need more leaders like her.”

Vance said Harlan keeps a positive attitude around the Airmen and engages with them about their personal lives.

“My Airmen are my motivation,” Harlan said. “They always give me a new challenge every day. They’re my motivation to make sure that once they walk out the door, they’re happy.”

The supply flight is critical in making sure Airmen have the proper

equipment while in training and deployed environments providing essential Combat Airlift. Harlan saw how material management affected the broad scheme of things during a deployment in Qatar.

See STANDARD Page 23

419th Civil Engineers help relocate village

419th Fighter Wing
Public Affairs

HILL AIR FORCE BASE, Utah — Villagers from the remote town of Newtok, Alaska, greeted a team of 23 personnel from the 419th Civil Engineer Squadron Aug. 8 with traditional food and dancing.

The team is made up of heavy equipment, utilities, planning, electrical and heating ventilation and air conditioning, or HVAC, experts who will help rebuild the recently relocated town after melting permafrost left it uninhabitable.

Staff Sgt. John Ohlwiler,

heavy equipment noncommissioned officer in charge, called the endeavor a “great opportunity” for reservists to put their training and skills to use while helping to safely rebuild a community.

With the nearest interstate highway roughly 600 miles away, 419th CES personnel

were transported to the village by helicopter. Their tools and supplies were brought in via a barge on local waterways.

The massive project is part of the Innovative Readiness Training initiative that joins together Army, Air Force and Navy forces to support key community services across the

United States. IRT pairs local resources with military manpower who benefit from the hands-on training.

The CES personnel supported the rebuild project as part of their two weeks of annual tour training, which serves to hone their skills and prepare them for deployment.



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U.S. Air Force photo/Melanie Cox
Air Force Chief of Staff Gen. David L. Goldfein speaks to Air University faculty in Polifka Auditorium Aug. 7 at Maxwell Air Force Base, Ala. During his conversation with faculty members, Goldfein spoke about the fundamental nature of education to a technically innovative Air Force.

Goldfein shares insight

Senior Airman Alexa Culbert
AIR UNIVERSITY PUBLIC AFFAIRS

MAXWELL AIR FORCE BASE, Ala. — Air Force Chief of Staff Gen. David L. Goldfein visited the main Air University campus Aug. 7 at Maxwell Air Force Base.

The purpose of his visit was to address the students of Air War College and Air Command Staff College as they begin their academic year, as well

as speaking with the university's faculty on development and hear their questions and concerns.

"I truly value what you do and could not be prouder of what comes out of Air University," Goldfein said to AU faculty. "We must truly value education because it is fundamental to a technically innovative force."

Goldfein challenged the students to accomplish three tasks while at AWC and ACSC: to

"re-blue", reconnect and recharge. He then encouraged the faculty to hold the students accountable in completing those tasks and to challenge the student's way of thinking as they move forward.

Re-blue

The term re-blue refers to reapplying a protective coating on a weapon to prevent it from

See **GOLDFEIN** Page 18

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U.S. Air Force photo/Airman 1st Class Octavius Thompson
2nd Lt. Joe Stara, center, a student pilot currently assigned to the 71st Student Squadron, poses by a T-37 Tweet with retired Col. Jim Faulkner, left, and retired Lt. Col. Jim Mayhall Aug. 6 at Vance Air Force Base, Okla. Faulkner and Mayhall were student pilots at Vance AFB in the late 1960s.

Pilot training finds new routes

Airman 1st Class Octavius Thompson
71ST FLYING TRAINING WING PUBLIC AFFAIRS

VANCE AIR FORCE BASE, Okla. — Pilot training is constantly changing to ensure students have an environment where they not only learn to fly, but to adapt and quickly out-think their enemies.

With senior leadership making innovation a priority, the Air Force has changed how Airmen are trained and how they become proficient at their jobs. This in turn has changed the way the Air Force develops pilots and what pilot training currently looks like.

For instance, pilot training currently consists of three phases starting with the academic and simulator phase. After the academic phase, student pilots are sent to train in the T-6A Texan II, the primary training aircraft.

Once the students complete the second phase, they are selected for either the airlift/tanker track in the T-1A Jayhawk, or the fighter/bomber track in the T-38C Talon.

"When I went through pilot training in the late 1960s, we started off flying the Cessna T-41 Mescalero for six weeks, the T-37 Tweet for five months and finished training in the T-38

Talon for a total of 52 weeks of training," said Jim Faulkner, Vance Air Force Base, a graduate of pilot training, class of 1968.

Although students in the 1960s and students today reach the same goal, there have been adjustments made over the course of time to focus pilots on mastering the specific style of aircraft they will fly once training has finished. In addition to changes in the training aircraft, there have been technological advancements to improve the way students operate an aircraft.

"We had simulators, but the concepts that they covered were limited and did not give us any visual aids to look at while training," said Jim Mayhall, pilot training graduate, class of 1967.

In the same way that older generations used simulators to gather a feel of the aircraft and location of instruments, current students use simulators to familiarize themselves with flying maneuvers and concepts before they reach the cockpit. The changes in technology have the potential to give students more realistic training for what they will experience in the cockpit.

"Being able to gain exposure to 360-degree videos of the local area, patterns and virtual-reality videos saves money and

time," said 1st Lt. Jason Mavrogeorge, 8th Flying Training Squadron instructor pilot.

"Students should have seen the arrivals, departures and instrument approaches before their first flight," Mavrogeorge said. "Giving the students more flying experience gives them confidence and allows me to enhance their flying skills as an instructor."

Similar to the technological changes made within pilot training, there have been changes in monitoring the safety of pilots while flying.

The safety standards did not require pilots to wear a G-suit in the T-37 Tweet. When the T-37 was replaced with the more maneuverable T-6A Texan II, pilots were required to wear a G-suit during flight to prevent the possibility of losing consciousness.

All the great changes and advancements in pilot training are possible thanks to those who laid the groundwork and figured out what to avoid.

"The only thing that remains constant in the Air Force pilot training program is that we will continue to produce great Air Force aviators and future leaders," Mayhall said.

Vance trains more than 350 pilots a year, totaling over 34,000 since pilot training began in 1941.

Family Eye Doctors near Travis AFB
ATTENTION: ALL MILITARY SPOUSES & DEPENDENTS AND ALL RETIREES, SPOUSES & DEPENDENTS WHY WAIT WEEKS FOR AN EYE EXAM?

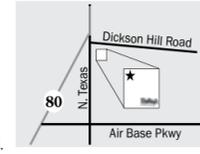
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 Saturday, August 17th
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U.S. Air Force photo/Darrius A. Parker

Madison Muskopf, left, an Air Force civilian, discusses professionalism in the workplace during an Autism at Work program luncheon July 26 at Wright-Patterson Air Force Base, Ohio, while Molly Fore, program lead, looks on. The Autism at Work program, a collaboration between Air Force Materiel Command and Wright State University, offers students and recent graduates with a diagnosis on the autism spectrum the opportunity to participate in paid, one-year internships as Air Force civilians.

Program brings opportunities to people on autism spectrum

Marisa Alia-Novobilski and Darrius Parker
 AIR FORCE MATERIEL COMMAND
 PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — A one-of-a-kind Air Force Materiel Command employment initiative has entered its second successful year, bringing job opportunities and growth for a unique set of college graduates who might otherwise face challenges when looking for work in today's competitive job market.

The Autism at Work program, a collaboration between AFMC and Wright State University, Ohio offers students and recent graduates with a diagnosis on the autism spectrum the opportunity to participate in paid, one-year internships across the Wright-Patterson Air Force Base footprint. The program provides the interns

not only real-world job experience as Air Force civilians, but it also offers them the opportunity to learn and practice soft skills such as business etiquette and communication under a team of mentors dedicated to helping them achieve success in the internship and beyond.

"This is a unique opportunity for individuals with autism to gain that critical career experience they may not have the chance to obtain in a traditional work environment," said Molly Fore, AFMC Autism at Work program lead. "These students are smart and have degrees in areas such as science, engineering, computer technology, math and a number of other areas that are highly relevant to our mission needs. We help break down barriers to employment and work with them as they progress from interview, to job offer, placement

and beyond, helping them to achieve success."

Nearly 20 interns are at Wright-Patterson AFB this year, working in positions ranging from mechanical engineering to computer software development, database migration, computer support and biomedical engineering. The interns work closely with supervisors and mentors trained to recognize and understand the unique challenges of working with the individuals and to help ensure an environment conducive to success.

"I believe that everyone, with and without a disability, needs a chance to show what they are capable of doing and should not be judged or labeled," said Sharon Stauffer, human resources management analyst and mentor.

Stauffer is mentoring one

See SPECTRUM Page 22

Mobility Airmen key to successful satellite launch



U.S. Air Force Space and Missile Systems Center personnel and civilian ground crews load the fifth Advanced Extremely High Frequency (AEHF-5) communications satellite onto a C-5M Super Galaxy aircraft April 22 in Sunnyvale, Calif. The AEHF constellation is designed to replace the Milstar satellite constellation.

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

Airman 1st Class Cameron Otte

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Thanks in part to mobility Airmen from Travis Air Force Base, the Advanced Extremely High Frequency-5 communications satellite was launched into space Aug. 8 from Cape Canaveral Air Force Station, Florida.

According to Don Ruffin, chief of the U.S. Air Force's Strategic Satellite Communications Division, the AEHF-5 satellite is built to withstand the electromagnetic effects of nuclear blasts and resist the most sophisticated enemy jamming efforts. The AEHF communications stations "augment our warfighter's ability to fly, fight and win, and do that at epic speed."

The fifth AEHF satellite, working with four similar relay stations already in orbit, will provide survivable, global, secure, protected and jam-resisting communications for high-priority military ground, fleet and air assets, Ruffin said.

Before the AEHF-5 could do its job in space, Travis Airmen transported the satellite from California to Florida, April 19. It was vital NASA's satellite arrived safely and on time.

"We flew out from Travis to Moffett Airfield, which is 30 minutes down south in San Jose," said Airman 1st Class Jerad Domico, 22nd Airlift Squadron C-5M Super Galaxy loadmaster. "We had a loading team prepositioned to load the satellite when we landed. After the satellite was properly secured onto the C-5C Space Cargo Modified Galaxy, we flew over to John F. Kennedy Space Center in Florida."

Without the support of Travis and its aircraft, transporting a satellite crosscountry would have been nearly impossible.

"We are the only base that uses the C-model of the C-5s, which are specifically used for carrying NASA equipment," said Senior Airman Matthew Warden, 60th Aircraft Maintenance Squadron electrical environmental systems technician. "NASA equipment fits perfectly into the mounts of the C-5C, which is why we used it. This aircraft allowed us to transport the satellite safely."

As a new Airman, Domico said he was amazed by contributing to a mission of this magnitude.

"The whole experience was so surreal, getting to see everything and be part of a mission like this was unbelievable," Domico said. "Just knowing that I had a part in launching a satellite into space is mind boggling. I never thought I'd be able to say something like that."

Thanks in part to Travis Airmen, the AEHF-5 satellite is operational high above Earth, enhancing America's ability to operate worldwide.

"Strategically, the AEHF-5 mission continues the United States legacy of communications superiority, a force multiplier in America's ability to project power globally," said Maj. Ivan Slater, AEHF-5 Program Office chief. "With the AEHF-5 providing a reliable and resilient communications platform, America's forces abroad can communicate in congested and jammed environments. In addition, the AEHF-5 strengthens America's alliances with our international partners by providing satellite communications to the United Kingdom, the Netherlands and Canada."

The sixth and final AEHF satellite is scheduled for launch in March 2020.

Swap Ads

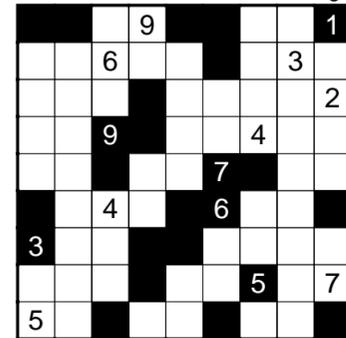
For rent

3/2 home, very clean, 3 mins. to Travis. Living room, dining room, family room, fire place, dish-washer, microwave, custom draperies. Top-of-the-line carpet. 3 patios. A/C. No pets, no Sec. 8. \$2,000 plus deposit. 707-425-5679.

Puzzles

STR8TS

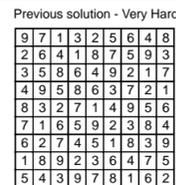
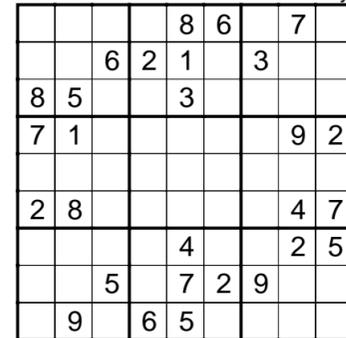
No. 451 Tough



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. 451 Easy



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

Application streamlines health care access for vets

WASHINGTON — The U.S. Department of Veterans Affairs recently launched a new mobile application designed to save veterans and their caregivers time online.

VA Launchpad for Veterans simplifies and organizes several existing tools and resources into one convenient

location to help manage health care needs.

VA Launchpad for Veterans is available for download in the Apple App Store and Google Play. To access VA's secure apps within VA Launchpad, users must be a VA patient and have one of the following accounts: Premium My HealtheVet, DS Logon Level 2 (Premium) or ID.me.

— Air Force News Service

News Notes

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

Sidewalk Sale. 9 a.m. to 5 p.m. Sept. 5-8 at the Travis Commissary. Come enjoy savings up to 50 percent off regular retail price, on a variety of products. The sale will take place inside the warehouse of the commissary.

Retiree Appreciation Day. 8 a.m. to 2 p.m. Oct. 26 at the David Grant USAF Medical Center auditorium. The event supports and recognizes more than 65,000 local retirees and family members by providing a venue to connect them with the services they require and to also see what the Air Force has been up to since they retired from active duty.

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. Reynoldo Rios or Master Sgt. Rosal 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

In the next week...



Tomato Festival. 11 a.m. to 5 p.m. Aug. 16-17, downtown Fairfield. www.fairfieldmainstreet.com.

Vallejo Shakespeare in the Park. "Henry V." 8 p.m. Aug. 16-17, John F. Kennedy Library, 505 Santa Clara St., sunken courtyard, Vallejo. www.vallejoshakespeare.org.

perform free wellness screenings from 7:30 to 9:30 a.m. every Monday for all DoD federal civilians. Screenings include cholesterol, glucose, blood pressure and body composition analysis. For more information, visit www.AFMCwellness.com or contact CHPS at 707-424-CHPS or CHPSTravis@fob.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 travsocombatpdsd@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://pfpform.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.



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

Today

- 6:30 p.m. "The Angry Birds Movie 2" (PG, first run)

Saturday

- 6:30 p.m. "The Angry Birds Movie 2" (PG, first run)

Sunday

- 2 p.m. "The Angry Birds Movie 2" (PG, first run)

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. "Loving Vincent," 7:30 p.m. Aug. 29, Empress Theatre, 330 Virginia St., Vallejo. www.empresstheatre.org.

Movies in the Park. Begins at dusk (about 8:45 p.m.): "How to Train Your Dragon 3," Aug. 17; "Dumbo," Aug. 24; Heritage Park, 611 Village Drive, Suisun City. Free admission. www.suisun.com.

Party on the Patio. Music begins at 5:30 p.m.: 5 O'clock Somewhere, Aug. 22; Rockville, Aug. 29; Cast Iron Grill & Bar, 700 Main St., Suisun City. www.facebook.com/castriongrillandbar.

Empress Theatre. The Eve of Jackie Wilson, starring Chester Gregory, 8 p.m. Aug. 16; The GettIndy Cake Concert II, 8 p.m. Aug. 17; Ray Obiedo, 7:30 p.m. Aug. 21; San Francisco International Film Festival, 8 p.m. Aug. 22-23; 330 Virginia St., Vallejo. 552-2400, www.empresstheatre.org.

First Street Cafe. Doug Houser, 7 p.m. Aug. 16; Bryan Girard, 2 p.m. Aug. 18; Americana Songbook, 7 p.m. Aug. 24; Carmen Gonzalo, 2 p.m. Aug. 25; 440 First St., Benicia. 745-1400, www.firststreetcafe.com.

Lucca Bar & Grill. The New Frantics, 6:30 p.m. Aug. 16; The Breedloves, 1 p.m. Aug. 17; Fog City Stompers, 6:30 p.m. Aug. 17; Washed Rangers, 3 p.m. Aug. 18; The Dawdles, 6:30 p.m. Aug. 22; Don Bassey, 6:30 p.m. Aug. 23; Megan & The Heartbeats, 1 p.m. Aug. 24; Eamonn Flynn, 6:30 p.m. Aug. 24; Misner & Smith, 3 p.m. Aug. 25; 436 First St., Benicia. www.luccabar.com.

Vacaville Farmers Market. 8 a.m. to noon Saturday, through October, Creekwalk Plaza at Andrews Park. www.vacavillefarmersmarket.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.

Music and dance

City Sports Bar and Grill. Music begins at 9 p.m.: You Front the Band with Johnny Favorite, Aug. 16; Dueling DJ's, Aug. 17; Ghost Town Rebellion, Aug. 23; Reggae Rock Showcase, Aug. 24; 7155 Browns Valley Parkway, Vacaville. 455-7827, www.starsrecreation.com.

Creekwalk Concerts. Music begins at 6:30 p.m.: One Sharp Mind, Aug. 16; Creekwalk, Vacaville. www.creekwalkconcerts.com.

Downtown Theatre. Carlos Reyes, 8 p.m. Aug. 17; Daryl Lynn & The Klique presents "A Tribute to Marvin Gaye," 8 p.m. Aug. 24; 1035 Texas St., Fairfield. www.downtowntheatre.com.

THE FLIP SIDE

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Vacaville Farmers Market. 8 a.m. to noon Saturday, through October, Creekwalk Plaza at Andrews Park. www.vacavillefarmersmarket.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.

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Young women inspired at camp

Chrissy Cuttita

AIR FORCE RECRUITING SERVICE
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JOINT BASE SAN ANTONIO-RANDOLPH, Texas — An avionics technician recently returned to her place of inspiration, an event that helped her further set her sights on the skies right after she graduated high school in 2015.

Senior Airman Lydia Kamps, an avionics technician with the 756th Aircraft Maintenance Squadron, Luke Air Force Base, Arizona, had the opportunity to return to the Experimental Aircraft Association's GirlVenture Camp during the Oshkosh Air Show in Wisconsin as a mentor – not just a participant. She was able to share how her path of becoming an Airman is taking her toward the goals she set for herself in aviation, a path most young women in the audience haven't considered.

"Not only do I get to share my experiences from flying general aviation and my time in the Air Force, I get to inspire others and give them direction for their aviation dreams," Kamps said. "It is even cooler that I am so close in age to the girls I mentored because I can really connect with them and help them realize their career goals are entirely possible even at a young age."

It was the second year in a row Kamps used the Air Force Recruiting Services' We Are All Recruiters program, or WEAR, to get approval for a permissive temporary duty to the summer event.

"The airshow and GirlVenture Camp is always one of the best parts of the year," Kamps said. "It is an awesome opportunity to connect with so many different people, the aviation professionals I mentor with and the girls that attend the camp. I was also able to meet up with old friends and aviation enthusiasts from all around the world and nerd out over hundreds of air-planes!"

A WEAR event is an event where the interaction of Air Force personnel educate and increase public awareness of the Air Force and could potentially provide numerous leads for recruiters. These events enhance



Courtesy photo

Senior Airman Lydia Kamps, 309th Aircraft Maintenance Unit F-16 Fighting Falcon avionics technician, Luke Air Force Base, Ariz., speaks to young women during the Experimental Aircraft Association's GirlVenture Camp held July 22-24 during the EAA's AirVenture in Oshkosh, Wis.

the AFRS mission to inspire, engage and recruit future Airmen to deliver airpower for America.

"GirlVenture is one of the many outreach engagements we participate in to achieve the Air Force's rated diversity improvement objectives," said Maj. Lindsay Andrew, AFRS Detachment 1 director of operations, Joint Base San Antonio-Randolph, Texas. "This year, AFRS Detachment 1 manned a booth at Kidventure to inform, influence and inspire young aviation enthusiasts at Oshkosh, Wisconsin. Senior Airman Kamps' enthusiasm and expertise made her a perfect match for the type of spokespersons AFRS needed at GirlVenture."

Approval for WEAR is limited to those events where Airmen are directly speaking to potential applicants or influencers about Air Force opportunities. Applicants are defined as individuals within the 17- to 39-year-old range; and influencers can be defined as parents, community leaders, teachers, counselors, coaches and more.

"It can be challenging to share Air Force experience with the high school ladies as many of them have not ever considered the military and have misconceptions," Kamps said. "However, when I describe the technical skills I have gained from working on jets and mention the

benefits of education, travel and camaraderie, they are intrigued and anxious to find out more. Additionally, when we are walking around the grounds looking at the aircraft and watching the jets fly in the shows they are amazed and encouraged to learn more."

WEAR events are approved on an individual basis and must be first approved by the individual's commander in accordance with AFI 36-3003 Military Leave Program. Air Force members may receive up to 14 days permissive TDY per year to attend WEAR events.

"My flight chief introduced me to the WEAR program last year when I was submitting leave to volunteer," Kamps said. "The program makes it a lot easier to take time from work and fully focus on mentoring and getting the most out of one week packed with people and air-planes."

While inspiring others, the avionics technician said she was also mentored by other Airmen sharing their story.

"This year we had the privilege of hearing from Col. Kim Campbell about flying in Operation Iraqi Freedom and other accomplished aviators like the Chief Systems Pilot Bebe O'Neil who is prior Air Force," Kamps said. "The speakers were definitely a highlight for me and the girls."

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Welding

From Page 8

consumable wire electrode and the metals causing them to melt and join. Tungsten inert gas is a welding process that uses a non-consumable electrode to produce the weld. Arc welding is a technique where metals are welded using heat generated by an electric arc.

As Airmen complete the training, they will wear a mask, a simulated welder and a plate to simulate the welding techniques they will use in real life.

"Instead of us having to use material for training purposes as we try to perfect welding, the system shows us the proper techniques we need to use

in order to weld properly," said Airman 1st Class Taylor Dow, 7th EMS metals technology apprentice. "It's also the closest thing to actual welding we are going to get without legitimately welding as we save materials and man-hours."

The metals technology section will continue to train with the augmented reality welding system to see how it will benefit the section.

"I believe the new Airmen who use the system will become consistent in welding much faster than how Airmen were previously trained," Briscoe said. "These younger Airmen are going to be much more proficient at their job much faster than before, and it's because of the augmented reality system."



Airman 1st Class Taylor Dow, 7th Equipment Maintenance Squadron metals technology apprentice, uses the augmented reality welding system to train on welding a groove well Aug. 5 at Dyess Air Force Base, Texas.

U.S. Air Force photo/
Staff Sgt. David
Owsianka

Goldfein

From Page 10

rusting. However, in this case, the weapons are the students themselves and the re-bluing makes them more resilient and dedicated.

"One of the things I need you to come out of this year with is a sense of ownership as a senior leader of our service," he said. "I need you to have ownership of this incredible institution called the United States Air Force, so take this time to re-blue and question everything that we're doing."

Reconnect

More than 700 students pass through the hallways of AWC and ACSC each year, giving Airmen the opportunity to network and create relationships that could help them throughout their careers.

"Reconnect this year and leave with a robust list of individuals who are a part of your brain trust, because I'm going to tell you, the problems that you are going to face are going to be wicked hard and complex and if we're all thinking the same way, then someone is not thinking," Goldfein said.

Recharge

Goldfein told the audience he had a good sense of what their day-to-day lives looked like prior to arriving. He warned that although it took a

"It is time for us to stop thinking about wars of attrition and begin thinking about wars of cognition."

— Air Force Chief of Staff
Gen. David L. Goldfein

great deal of hard work to get where they are now, it will only get more difficult once they graduate.

"The last thing that I need you to do is to recharge," Goldfein said. "I speak on behalf of the other joint chiefs and have plans for each of you in tough jobs, so make sure that you take this year to recharge and get that balance."

Goldfein finished by sharing his thoughts on the future of the Air Force as a service and how Airmen must adapt to maintain the competitive advantage against adversaries.

"It is time for us to stop thinking about wars of attrition and to begin thinking about wars of cognition," Goldfein said. "To shift the Air Force into a service that is optimized for multi-domain operations of the future. I think that's the opportunity that we have and that's what I want you to be thinking about this year as we go forward."

Summer

From Page 6

parties or cookouts, meaning that safety in the outdoors will be a priority.

If your location of choice ends up being the pool or local beach, swim in areas that have a life-guard present. Keep small children under close supervision, and when in doubt, use a life vest to help prevent drowning. The American Red Cross also publishes tips for swimming safety.

For military families, check with your local Morale, Welfare and Recreation office to see what areas on base or on post would provide the best shelter and amenities for your event.

Protect your skin

While often neglected, skin care is important when spending time outdoors. There are two main factors to focus on while outside: protecting skin from the sun and from insects.

With melanoma being the most common form of cancer in the United States, protecting skin from the sun becomes highly important. You can prevent sun damage by wearing sunscreen when outdoors and reapplying after leaving the pool or sweating for an extended period of time. Check out the Military Health System's article on sun care for more healthy skin tips.

The sun is not the only outdoor factor to be aware of. If your cookout moves from the pool to a more wooded area, your party guests could be exposed to bugs and insects. Check for ticks or irregular bites frequently.

Prepare and serve food safely

The Centers for Disease Control and Prevention, provides four tips for basic food safety: wash, separate, cook and chill. Make sure the surfaces and utensils used to prepare food are clean, keep raw meats and foods separate, and promptly refrigerate any leftovers.

Fire safety is also important when it comes to manning the grill at your cookout. The Federal Emergency Management Agency has identified tips for fire safety at the grill, which include maintaining a safe cooking distance and safety zone from the home and objects, keeping the grill clean, and safely disposing of coals.



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Sumangil

From Page 2

are failures. In my experience, and in the experience of more successful people than me, leaders who spend time “lifting people up” are more effective at inspiring subordinates to excel.

In the words of retired Gen. Stanley McChrystal, leaders “can let you fail and yet not let you be a failure.”

As commanders and leaders, we have opportunities daily to affect and connect with Airmen with whom we interact. Those who have worked with me previously know that I often say that “it is not the message, but the delivery” that determines how effective you are in changing someone’s behavior. We can choose to lift up Airmen with our words and actions or leave them feeling

like failures. I think you will find that you will find greater success and satisfaction when you do the former.

Admittedly, servant leadership requires a lot of effort and is difficult to achieve. We all mature and learn at different rates. There are those who are and have been servant leaders throughout their lives. There are people, like me, who take almost eight years before recognizing the value of this leadership style. There are others still who will never get there. My own experience has shown that this is achievable for anyone willing to change their point of view, but putting it into practice can always remain a challenge. The sooner you recognize the positive aspects of servant leadership, the sooner it is you will see service in our Air Force in a different light. You may even see your career take off in ways you never imagined.

Spectrum

From Page 12

student at the Air Force Life Cycle Management Center.

“It is important that the employee knows himself better than I know myself. He was able to identify what tendencies and characteristics that he didn’t like people doing around him and voiced them to me so that I could avoid them,” Stauffer said. “He also was very honest with his personality traits and how he reacts in certain situations. He had me examining myself and how I react to others and situations and it was very eye opening to find that I had similar tendencies. This taught me that being autistic didn’t mandate a person would act a certain way,” Stauffer said.

A major challenge that many of the interns face stems from difficulty with social cues that may prevent them from being successful during the interview process. They may not be comfortable shaking someone’s hand or with making eye contact, which may influence an interviewer’s perception of their ability to meet the requirements of a job.

Fore, along with the Wright State University Office of Disability Services, works closely with both job candidates and potential mentors to mitigate these interview challenges.

“Hiring managers who express interest in a candidate are coached on some of the characteristics that someone on the autism spectrum might display during an interview. This awareness helps them to better focus on a candidate’s responses to questions, versus the traits that may act as a distraction,” Fore said. “We also coach the candidates on what to expect when working on a military installation, such as gate procedures, reveille and retreat, exercises and more so that they can be better prepared.”

Support for both the mentors and program participants is an ongoing process, with regular meetings and lunch-and-learn opportunities focused on things such as communication skills, workplace etiquette and health and wellness, among other topics. These help provide a network of connections



U.S. Air Force photo/Darrius A. Parker

Interns discuss and share ideas about how to overcome workplace challenges during an Autism at Work program luncheon July 26 at Wright-Patterson Air Force Base, Ohio.

and support for the program participants, which is key to ongoing success, Fore said.

“We usually get a good turnout for these events, with mentors and participants benefiting mutually from the discussions and exchange,” Fore said. “It’s a great way for everyone to learn from each other.”

For one participant, the Autism at Work program has provided the confidence and motivation to pursue a long-term career as an Air Force civilian.

“I applied for the Autism at Work program in order to gain some work experience while in college to prepare myself for my future endeavors,” said Joshua Haralson, a legal assistance intern. “Learning so many new things so quickly has been challenging, but I have done my best to rise above it. I can envision myself working for the Air Force in the future. I am convinced that there are jobs in the Air Force that could use talented people like me, and it would bring me great pride to work with the same group of people in which my mother served as an active duty military member.”

For Laurence Forshaw, an AFLCMC intern working towards a mathematics degree, the program has helped him to better define a focus for his future career.

“Before I applied for this, I was not sure that I wanted to do computer programming as a career. After a few programming assignments, I am much more certain,” Forshaw said. “I appreciate the support I am receiving and look forward to

serving my country.”

In addition to offering access to a unique pool of talent, the Autism at Work program also helps to increase diversity in the workplace while helping to grow the workforce for the future.

“People typically shy away from things they don’t understand or things that are outside of their comfort zone. From my experience, hiring people with autism is a great benefit for the government. As with any new hire, the person’s job skills would need to be matched to the right job for the hiring to be successful. The employee that I worked with was very detailed oriented, efficient and dependable,” Stauffer said. “The Autism at Work program is a good first step in order to see how a person fits in with the organization and handles the workload.”

The Autism at Work program is funded through the Workforce Recruitment Program, an internship initiative co-sponsored by the U.S. Department of Labor and the Department of Defense. The program offers candidates with disabilities an opportunity to work in offices within the DoD at no cost to the organization. Established in 1995, the WRP maintains a searchable database for managers and human resources specialists to source candidates nationwide by degree discipline, location preference and clearance level, among other qualifications. Current college students and recent graduates within six years of degree achievement are eligible for the funding.

MHS Genesis

From Page 4

issues or to the family health clinic at DGMC for routine problems.

Beneficiaries can also expect longer wait times at the pharmacy, laboratory and emergency department during the transition, Beals said.

To eliminate delays in services, patients should book wellness and annual appointments, complete laboratory tests and radiology visits before Sept. 7. They also can request prescription refills or renewals in advance and obtain a hard copy of any referral for specialty care.

“We can also provide care without an appointment for certain noncomplex issues such as tests for strep throat, urinary tract infection or pregnancy,” Beals said.

Patients should call central appointments at 707-423-3000 for such issues.

To help manage prescription processing, off-base prescriptions from network providers, written or electronic entry, will be activated and filled at the base exchange satellite pharmacy beginning Aug. 26. The main pharmacy will only process prescriptions from DGMC providers.

Additionally, processing time for refills will be extended to three duty days. Patients can request refills 22 days early for a 90-day supply and seven days early for a 30-day supply.

“Over the next few months, we will introduce you to MHS Genesis through emails and social media,” Beals said. “Once we fully transition to MHS Genesis, you will have access to a patient portal that will allow you to be fully engaged in your health care.”

Patients will be able to book primary care appointments, request prescription renewals, send secure emails to their health care team, review certain test results, discharge instructions and provider notes.

“Rest assured, DGMC staff will continue to provide safe, high-quality health care during this time of transition while receiving training in the new electronic health record,” said Lt. Col. John DaLomba, 60th MDG director of operations.

DaLomba recommends that patients who use Tricare Online to communicate with their

More info

To create a DS Logon account, visit <https://myaccess.dmdc.osd.mil> and select the “need account” option. People who experience problems should call the Defense Manpower Data Center at 800-538-9552.

health care team sign up now for the MHS Genesis patient portal since TOL will be suspended Sept. 5.

People who currently have a DOD self-service log-on account must update to the MHS Genesis premium account to use the patient portal.

“If you do not have a common access card or myPay account, you will need to create a premiums DS Logon account to access the MHS Genesis patient portal,” DaLomba said.

To create this account, visit: <https://myaccess.dmdc.osd.mil> and select the “need account” option. People who experience problems should call the Defense Manpower Data Center at 800-538-9552.

Beneficiaries may be asked to provide the DOD identification number on the back of their military ID card, financial information and past addresses. Patients will then create a password, which needs to be updated every 180 days.

“Doing this now will make for a smoother transition,” DaLomba said.

Once logged onto the portal, patients should verify their contact information, which is automatically pulled from the Defense Enrollment Eligibility Reporting System, or DEERS. If this information is not current, it could create problems with Tricare claims. To update DEERS, visit www.tricare.mil/deers.

The MHS Genesis system is being deployed in waves. Travis is in the first wave, along with Naval Air Station Lemoore, U.S. Army Health Clinic Presidio of Monterey, Mountain Home Air Force Base, Idaho.

Eventually, the Department of Veterans Affairs will integrate a similar system, allowing one health care record to follow military members when they transition from active duty, Beals said.

“Overall, (MHS Genesis) will improve our ability to monitor patient safety, outcomes and population health data,” Beals said.

Standard

From Page 9

“I’ve held bloody equipment downrange,” Harlan said. “I’ve seen armor with a bullet in it and had we not done our job properly, they wouldn’t be here today.”

Harlan said that the amount of teamwork, knowledge and communication that’s needed in material management can be seen as a shock, but supply has a huge impact on the overall mission of the Air Force.

“This is a job that saves lives,” Harlan said. “You won’t see supply, but we’re there. We affect and touch everything. This is one of the jobs that doesn’t get a lot of limelight but it’s definitely one of the bloodlines that make the Air Force’s heart pump.”



U.S. Air Force photo/Airman 1st Class Mariam K. Springs

Staff Sgt. Erika Harlan, 19th Logistics Readiness Squadron individual protective equipment supervisor, inventories tourniquets Aug. 6 at Little Rock Air Force Base, Ark. The supply flight maintains nearly 650 different pieces of equipment.

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Service Source



Tech. Sgt. Ron, 860th Aircraft Maintenance Squadron flight line expediter, makes an adjustment at the controls of a Socata Trinidad TB-20 July 27 during a flight over the San Francisco Bay Area. Ron has accumulated more than 250 flying hours and completed Air Force remote pilot aircraft training July 12.

Wings

From Page 3

role will ask a lot psychologically.

“People say it’s like a video game. It’s not like a video game,” he said. “Imagine you’re flying a plane with the normal stuff you have to do. You’re already multi-tasking when you’re flying, right? You’ve got the controls, you’re on the radio. So imagine all of that plus having a laptop on your lap, and you’re typing away, and you’re talking on your cell phone and you have an iPad.”

It’s a big change from maintenance, where Ron went on five deployments. He’s “somewhat of a legend” in the 860th AMXS, according to Master Sgt. Rick Plecenik, the squadron’s lead production superintendent.

“He’s been an absolute, complete rock star, one of the best Airmen I’ve ever had the privilege to work with,”



The Golden Gate Bridge is visible from a Socata Trinidad TB-20 aircraft July 27, 2019, during a flight over the San Francisco Bay Area. The plane was piloted by Tech. Sgt. Ron, 860th Aircraft Maintenance Squadron flight line expediter.

Plececnik said. “At the end of the day, I don’t want to lose him out of my office and squadron. I don’t want to lose that level of expertise in maintenance. But, if the Air Force has this

opportunity and it’s what he wants to do, he’s earned it.” It’s been a long journey for Ron, from his youth on Saipan all the way to joining an emerging career field as an

enlisted RPA pilot. “I used to work at a hotel doing a Polynesian dinner show, playing the ukulele and drumming for tourists, so from that to RPA pilot is crazy,” he said.

Technology

From Page 5

enhancement to the current survival kit.”

Airmen assigned to aircrew positions are trained to evade enemy forces if their aircraft is brought down in enemy territory. They are taught to find water, food and shelter while evading capture.

“This is important because help may not come for around a week and they may have to travel several miles without being detected,” Espino-Mata said.

In 2018, Simon, who holds a Bachelor of Science in mechanical engineering from Stanford University, was part of an Air Force Research Laboratory study conducted by Stanford’s class, Hacking 4 Defense: Solving National Security Issues with the Lean Launchpad. The goal of the study was to address issues with survival radios and increase survivability of downed Airmen.

“My team was given a problem by the AFRL to improve personnel recovery,” Simon said. “Given Travis AFB’s proximity to the Bay Area, one of our initial contacts was Sergeant Espino-Mata, who arranged several visits to the base. After over 100 interviews with pilots, aircrew, SERE specialists, rescue squadrons and other Department of Defense experts, we realized a combat smartphone and satellite transceiver could drastically improve the personnel accountability and recovery space.”

Somewear’s first product enables any remote operative to reliably access secure communications and improve their situational awareness with a combination of compact satellite hotspots and software designed for low-bandwidth applications,” Simon added.

One exercise participant was thrilled with how well the Somewear Hotspot performed.

“It’s phenomenal,” said Tech. Sgt. Bernie Rowe, 60th OSS KC-10 Extender instructor flight engineer. “It was really simple to use, and with the encryption, I was able to make contact and receive new coordinates and instructions by text without it being coded, like the c-cell survival radios. It is light years ahead of the c-cells.”

1) 1st Lt. Shawna Larson, left, 60th Surgical Operations Squadron operating room nurse, and Senior Airman Anjeanette Ramos, right, 60th SGCS surgical technician, help Col. Zachery Jiron, 60th Air Mobility Wing vice commander, put on a sterile gown Aug. 8 at David Grant USAF Medical Center at Travis Air Force Base. As part of the Leadership Rounds program, Jiron participated in a simulated surgery to get a firsthand experience of all the precautions medical staff take before every surgery. 2) Jiron dons a surgical mask to enter a sterile room in the operating facilities during a Leadership Rounds Aug. 8 at DGMC. 3) Jiron holds an orthopedic instrument tray Aug. 8 at DGMC.



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