# Base takes part in airshow in Golden State's...



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2 TAILWIND Commentaries **OCTOBER 11, 2019** 

# Push limits in order to become greater

recently watched a movie that I really enjoyed, "Free Solo." It is a documentary about a rock climber, Alex Honnold, and his attempt to become the first person to free solo El Capitan, in Yosemite National Park, California.

Free solo is a form of rock climbing where the climber climbs without ropes. Honnold has a quote in the movie about achieving greatness. He says. "Nobody achieves anything great because they are happy and cozy." Like Honnold, most of us strive for greatness, but we also like being comfortable.

I spent most of my youth growing up in Southern Florida. However, every winter, my family headed west for our annual ski trips. I loved these ski

trips and have many fond mem-

Commentary by Lt. Col. Stubbendorff REFUELING

SQUADRON

ories of them. What I remember most though, is at the end of the day, my dad asked me how many times I fell and what I learned from those falls. My dad would then discuss how every time I fell, I was learning just how hard I could push myself and still stay upright on the skis.

If I was not falling, I was not learning how hard I could push the limits. The important part was recognizing what those limits were and when I was approaching them. In order to become a better skier, I needed to push out of my comfort zone. At

the same time, there is a difference between a simple fall versus tumbling down a cliff and breaking a leg. A simple fall will not end the ski season, but a

# Commander's Commentary

broken leg will.

In order to achieve greatness, we need to push our limits. By doing so, we open ourselves up to failure or an uncomfortable fall. We need to step out of our comfort zone, challenge ourselves and think outside the box. This is how we will grow and accomplish great things, both in life and in the Air Force.

In his book, "Sharing Success - Owning Failure," U.S. Air Force Chief of Staff Gen. David Goldfein states, "It is from studying our failures that we learn, grow and improve as officers and leaders." I grew up playing sports. Sports teach us many valuable life lessons like teamwork and perseverance.

Perhaps one of the greatest lessons that it teaches us is dealing with failure. As all of us know, in sports you fail...and you fail a lot. It is learning to overcome this failure that leads us to success.

Spoiler alert: Honnold does, in fact, climb El Capitan without ropes. He made the 3,000-foot vertical assent and became the first person to do so. It took him years of preparation, hard work, training and determination.

At the same time, Honnold also experienced failures in his life. In the case of his free solo of El Capitan, those failures came in practice, when he was using ropes. Honnold could afford to fail when he was training with safety measures, but he could not afford to fail when he was free soloing El Capitan. It was his lifetime of training and

**See STUBBENDORFF Page 26** 

# Take pride in your heritage

Commentary by Senior Master **Sgt. Jacqueline Flores** 

944TH OPERATIONS GROUP SUPERINTENDENT

UKE AIR FORCE BASE. Ariz. — As we celebrate Hispanic Heritage month, let's commemorate the contributions that unify our legacy to our great country's rich history and our beloved Air Force's mission success.

Hispanic culture champions diversity and inclusion, as we are a multi-ethnic and multiracial group. We have become

# **Enlisted Commentary**

stronger and more resilient as we faced adversity, and we will evoke all the hard work and sacrifice our ancestors overcame to give their children a better future.

For example, my parents left everything they knew behind: Family, friends, tradition, and comfort. I am grateful that they endured much sacrifice and conquered many trials to give my siblings and me better opportunities. One of

their challenges included my decision to enlist soon after high school. As a first generation American who didn't know much about the military, I now realize that leaving home at 17 years of age took courage, especially for my parents. My family is very close-knit and over-protective, so it took quite a bit of coaxing for my parents to agree to sign me over for the active duty Army life. It was scarier for them than it was for me, but as I have learned

See FLORES Page 26



Master Sgt. Jacqueline Flores, 69th Fighter Squadron NCO in charge of personnel programs, holds her son, Izaak, 8, and daughter, Izabella, 2, in a January 2013 photo taken at Luke Air Force Base, Ariz. Flores was promoted to senior master sergeant Nov. 1, 2014, and is now the 944th **Operations Group superintendent.** 

# Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

### Air Force

Col. Jeff Nelson | Tech. Sgt. 60th Air Mobility Wing commander James Hodgman

2nd Lt. Mike Longoria Senior Airman Officer in charge of Jonathon Carnell command information Airman 1st Class

Tech. Sgt. Traci Keller NCO in charge of command information

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# On the cover

A U.S. Air Force C-17 Globemaster III flies to be refueled by a KC-10 Extender Oct. 6 over Travis Air Force Base,

U.S. Air Force photo/Senior

**OCTOBER 11, 2019 TRAVIS** 

# Private sector collaboration spurs Spark Collider 2.0

### **Senior Airman Christian Conrad**

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Sept. 27 once again marked a step forward for Travis Air Force Base's recent forays into the private sector with the goal of stoking collaboration between its Airmen and leaders in the technology industry.

The Sept. 27 event, dubbed "Spark Collider 2.0," invited representatives of several Silicon Valley-based tech firms onto Travis AFB with the interest of gleaning firsthand accounts of specific problems facing the base and finding ways in which their companies' resources could help to solve them.

Travis' Spark Hub, Phoenix Spark, is a program modeled to bridge the challenges of rapid innovation at the unitlevel while navigating the administrative hurdles of compliance that often impede the velocity of change.

That proverbial red tape can sometimes be more challenging than the innovation itself, said Col. David Hammerschmidt, 60th Maintenance Group commander.

"If you look up bureaucracy in the dictionary, it says, 'see U.S. government," Hammerschmidt laughed. "We're trying hard to plow through some of that so that we cannot only acquire the technologies that are available today, but also battle against some of the obsolescence issues we deal with in working on 30-year-old aircraft."

Among those aircraft were two the group were given tours of: the C-5M Super Galaxy and the KC-10 Extender.

The areas of research covered by the companies included robotics, artificial intelligence, 3-D printing technology, virtual reality, software development, business and mechanical engineering - all fields that could be utilized in

A group of Airmen from Travis Air Force Base, California, and representatives from numerous technology companies tour the exterior of a KC-10 Extender Sept. 27 on the Travis flight line. The tour was a part of "Spark Collider," a single-day event in which members of Travis' Phoenix Spark innovation lab would have the chance to talk, and possibly collaborate, with tech companies about problems facing the Air Force. bringing about a top-to-bottom improvethat could be streamlined or evolved to intent of Phoenix Spark. Innovation is ment of the U.S. Air Force, said Col. execute more effectively, then it's an im-Zach Jiron, 60th Air Mobility Wing vice provement that's well worth the investment," Jiron said.

"Every job in the Air Force has its Topics and ideas presented to the unique set of challenges. Even if we only group over the course of the day ranged identify a single process, in a single job, in complexity, which aligns with the

advanced technology; instead, many encompass modest solutions to overcome day-to-day challenges.

See SPARK Page 22



commander.

### Name: Staff Sgt. Mark Hedge.

Unit: 660th Aircraft Maintenance

Squadron.

# **Duty title:**

Aerospace propulsion craftsman.

# Hometown: Prescott, Arizona

Time in service: 13 years.

Family: Spouse, Lalaine.

# What are your goals?

Complete my bachelor's degree in aerospace engineering.

### What are your hobbies? Basketball.

# What is your greatest achievement?

Being stationed in Korea, not only was I able to work on A-10s and

F-15s. but I was also able to immerse myself in the culture and customs of the Korean people.



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

Tech. Sgt. Kenneth Cook, 60th Operations Group boom operator, bench presses 500 pounds Sept. 27 at Travis Air Force Base, California. Cook placed first in the United States Powerlifting Association's annual Olympia Pro Powerlifting Competition, during which he raw bench pressed 551 pounds.

# Sergeant flexes, breaks world record

**Senior Airman Christian Conrad** 60TH AIR MOBILITY WING PUBLIC AFFAIRS

Five hundred and fifty-one pounds can look like a lot of things.

The engine block on a mid-sized car, for example, comes in at about 500 pounds. Your average adult male

tiger, while a little out there, likewise weighs in at the quarter-ton range. On Sept. 13, to Tech. Sgt. Kenneth Cook, 551 pounds looked like 12

plates of iron on a long bar. Cook, a 60th Operations Group to the hospital with multiple injuries

lifting Competition in Las Vegas Sept. 13-14 with one goal in mind: break the 534-pound world record for a raw. or unassisted, bench press lift in his 198-220-pound weight class.

The morning of the lift, Cook, 60th Operations Group boom operator at Travis Air Force Base, woke up knowing two things.

"Either I was going home with an international record or I was going

boom operator evaluator, participat- to my chest muscles," Cook said. "I on his second attempt, and anyed in the annual Olympia Pro Power- envisioned me breaking the record time and time again; during every workout, every set, I saw my goal coming to life. Over and over I practiced my form in my hotel room, in the elevator, in the car on the way to the competition."

Eric Cranage, Cook's coach and owner of the gym Cook trains at, Old Skool Iron, was there to cheer on and support the 218-pound powerlifter.

"Our plan going into Olympia was for him to break the world record

thing after that was an added bonus," Cranage said.

Cook's first lift was a modest (for him) 512 pounds.

"Just a warm-up," Cook said. Then, sure enough, on Cook's second attempt, what used to be the world record weight flew up from his chest, guaranteeing him a third attempt to solidify his dominance in his

weight class.

**See FLEXES Page 19** 

# Air Force on schedule with timeline for uniforms

**Lemitchel King** 

502ND AIR BASE WING PUBLIC AFFAIRS

JOINT BASE SAN ANTO-NIO-LACKLAND. Texas — Trainees entering into Basic Military Training at the 37th Training Wing the first week of October were the first group to be issued the new Operational tial issue," Bernadette Cline, Camouflage Pattern uniforms.

When Air Force officials announced last year they were men Battle Uniforms) will

official utility uniform, they developed a three-year rollout timeline across the force for the entire changeover. Last week put them on target for issue to new recruits entering BMT.

"Each trainee is issued four sets of uniforms with their iniclothing issue supervisor said. "Trainees who are here in (Air-

adopting the Army OCP as the continue to wear them throughout their time here and will be replaced when they get their clothing allowance."

The 502nd Logistics Readiness Squadron Initial Issue Clothing outfits nearly 33,000 BMT trainees every year and maintains more than 330,000 clothing items.

"We partner with Defense Logistics Agency who provides

See UNIFORMS Page 22



Cecil Harvey, 502nd Logistics Readiness **Squadron lead supply** technician, left, helps Air Force basic military training trainees assigned to the 326th Training **Squadron during initial** issue of the first Operational Camouflage Pattern uniform Oct. 2 at Joint Base San Antonio-Lackland, Texas.

. Air Force photo/Sarayuth Pinthong



Senior Airman Emanuel Guzman, left, 60th Logistics Readiness Squadron field training and support journeyman, and Airman 1st Class Brian Ortega, right, 60th Logistics Readiness Squadron materiel management journeyman, set up a goal for their Club Hub soccer match Oct. 4 at Travis Air Force Base, California. Club Hub is a program that allows Airmen to organize groups or join other Airmen in activities

# Club Hub forges friendships

### **Airman 1st Class Cameron Otte**

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Nowadays, Senior Airman Emanuel Guzman, 60th Logistics Readiness Squadron field training and support iourneyman, finds himself surrounded by friends, with motivation to do his job while doing what he loves.

Things weren't always so upbeat in Guzman's life. He had to overcome obstacles and hardships before becoming the man he is today.

"I got to Travis Air Force Base in February 2017, and when I got here, my shop was very welcoming, but it didn't take long for the novelty of a new base to wear off because aside from work. I didn't "But once tech school end-

gan to suffer.

"My mood began deteriorating over time because I had no one to talk to or hang out with. I felt alone," said Guzman. "It takes me a long time before I get comfortable enough to approach people and it felt especially hard on base. I mean, I didn't go through boot camp or technical school with the Airmen here, so I did not feel connected to them."

Guzman didn't always feel so lonely in the military. During basic training and tech school, he made friends with two Airmen.

know anyone," said Guzman. ed, we got split up and sent With no one to socialize to different bases, so I had with, Guzman's morale be- to start from scratch again with all new people," Guz-

> man said. After the trio of friends parted ways, Guzman looked for ways to make friends at Travis AFB.

> "It took me a while, but I eventually decided to participate in one of the sports teams on base," said Guzman. "I love soccer. It's one of my passions. So it seemed like a great way to make some new friends."

His love for soccer encouraged him to meet others who love soccer as much as he does, however his first attempt failed to yield the

results he desired.

"I tried going to practices with the base team but I didn't feel like I fit in with the members on the soccer team," he said. "I wanted to play for fun but these guys were playing to win tournaments. I found I spent more time on the bench than on the field and didn't build much of a friendship with any of the other members."

Feeling he didn't have much in common with the members of the base soccer team, Guzman's morale began to decline again. He said he felt alone, especially when he started to have issues at

> "I was disciplined for **See CLUB HUB Page 18**

# **System** to log criminal data goes online

Vicki Stein

AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

ARLINGTON, Va. — Air Force security forces uploaded the first case to the new Air Force Justice Information System last week, marking the launch of the most modern criminal data reporting system in the Department of Defense and providing global integrated awareness of criminal activities that affect the security and safety of Air Force personnel and resources

Learning from decades of high ops tempo and web-based technologies, an Air Force team developed a \$5.7 million professional system in less than 10 months that provides security forces operations with a progressive criminal data reporting system.

"Deployment of the system will occur in phases and will go live for all Air Force security forces units - including Reserve and National Guard - by Oct. 31," said Lt. Col. Sandra Thompson, AFJIS project leader, "The rapid launch of this system is unprecedented in the world of IT as the system was developed, tested and deployed in less than a year. Over the next week, (Hanscom Air Force Base, Patrick AFB and Joint Base Andrews) subject matter experts will operationally test case management and global blotter modules, providing direct feedback to the AFJIS team and vendor."

Thompson, with help from Maj. Tom Lowe, Capt. Jon Wallace and a total force and contractor team, partnered with U.S. Army, Air Force Office of Special Investigations and the U.S. Navy to develop the new system to replace the Security

See DATA Page 18



# on action and adaptive samings, with resolvants or even may appro-

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# A helping hand



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

Tech. Sgt. Jose Cardoza, left, 821st Contingency Response Squadron C-17 loadmaster, helps Airman 1st Class Caden Victor, 860th Aircraft Maintenance Squadron crew chief, put on a Future Assault Shell Technology helmet with a PVS 31A night vision device attached during the Airmen Enrichment Program Sept. 27 at Travis Air Force Base, California. The program offered Airmen the opportunity to learn about the numerous specialties the Air Force has to offer.



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Energy Action

> Month underway

> > **Corrie Poland**

AIR FORCE ENERGY

WASHINGTON — October is Energy Action Month, an opportunity to highlight why energy is a critical enabler to combat capability for the U.S. Air Force and Department of Defense, and to encourage smarter energy use and management for installations, ground vehicles and aircraft.

Unveiled this year, the Air Force theme of "Energy Able, Mission Capable" educates Airmen about the importance of energy readiness and resilience for the global mission.

"By prioritizing energy management and resilience, we are building a strong foundation for the future warfighter and ensuring Airmen have energy when and where they need it," said John W. Henderson, Assistant Secretary of the Air Force for Installations, Environment, and Energy.

Every year, the U.S. Air Force spends nearly \$6 billion on energy, with approximately 82% used for aviation fuel, 16% for facilities and installations and 2% for ground vehicles. While energy is a necessary part of operations, as the modern battlefield grows increasingly complex, keeping it secure and readily available can pose serious risks and challenges for troops. Powering aviation assets requires complex fuel planning and logistics, all the way from refinery and storage facilities to fuel convoys and transport to the end-user. As power projection platforms, installations depend on secure, reliable and quality power to ensure Air Force mission assurance.

The Air Force is focusing on energy resilience and optimization to sustain warfighting capabilities in the air and on the ground. For instance, upgraded aircraft aerodynamics increase

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8 TAILWIND AIR FORCE **OCTOBER 11, 2019 OCTOBER 11, 2019** 

# Incirlik medics improve process

Staff Sgt. Ceaira Tinslev

39TH AIR BASE WING PUBLIC AFFAIRS

INCIRLIK AIR BASE, Turkey — When faced with the challenge of providing timely and quality care for the Air Force's most valuable weapons system. the human body, members of the 39th Medical Support Squadron capitalized by putting the power of innovation into the hands of their Airmen who do the job every day.

The 39th MDSS medics created a new patient travel-request form process and contributed to saving the wing approximately \$34.000 and 1.300 hours annually. This process improved overall patient satisfaction and was recognized as the 39th Air Base er, versus the wildly-variable Wing's key innovation for the third quarter.

"Speeding this process up gets patients the care they need when they need it," said 1st Lt. Benjamin Jennings, 39th Medical Group group practice manager and Tricare operations and patient administrations the patients. The cost and time flight commander. "It's a great win for us because ... we are always refining our process and always improving. For my team to come back and get recognized for it shows them that the process works. People notice that we're making changes. If they and in this case, the Tricare opsay something's broken they are my subject matter experts that I need to help fix it."

Their ability to work as a team created the idea to streamform routing process directly to the wing commander and bypass lower levels of leadership

The form authorizes Airmen offbase to obtain medical care beyond the scope of the on-base fa-

With the new process, local leadership are still informed of the request but streamlining the process reduced both administrative work at all levels and extended waiting times. This small change ensured Airmen were able to access quality care in a timely manner.

"The data for this project speaks for itself," said Tech. Sgt. Andrew McOuary, 39th ABW Continuous Process Improvement practitioner. "Off-base patient referral processing now takes a week or less to get approved by the wing commandprocess that was in place before where referrals could take anywhere from two to three weeks.

"Less processing times mean quicker access to specialized care for patients who need it, with less waiting time and less administrative headaches for savings will mean their time and money can be better spent providing increased attention, assistance and care to their pa-

ally do not happen by chance erations and patient administration section holds a daily meeting for Airmen to discuss problem areas within the system and potential innovations to line the patient travel-request alleviate those issues at the lowest level.

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Process improvements usu-



LLS Air Force photo/Airman 1st Class Ariel Owings

Capt. John Hoffecker, 204th Intelligence Squadron flight commander, listens to an artificial intelligence presentation during a live simulation - mixing reality leadership experience during a Flight Commander Course Sept. 27 at Joint Base McGuire-Dix-Lakehurst, New Jersey.

# Al used for course

**Airman 1st Class Ariel Owings** 

JOINT BASE MCGUIRE-DIX-LAKEHURST

JOINT BASE MC-GUIRE-DIX-LAKEHU-RST. N.J. — Instructors from the Joint Base Mc-Guire-Dix-Lakehurst Flight Commander Course incorporated Air University's live simulation – mixing reality leadership experience into the class for the first time in Air Mobility Command, Sept. 27, on Joint Base MDL.

The three-day class originated under AMC until General David L. Goldfein, U.S. Air Force Chief of Staff, mandated every wing to have a course that would focus on key skills needed to succeed and start targeting development as part of an overall talent management effort.

Incorporating the AI simulation into the class empowers one of Goldfein's line of efforts of "Strengthen said Bradley. "Our overall

Squadron Leadership and Culture," teaching the importance of improving Air Force squadrons. According to U.S. Air Force Lt. Col. Andrew Clayton, AU assistant professor assigned to Maxwell Air Force Base, Alabama, that outside of AU. there had been no path put in place to enable course instructors' access to use the

With the help of Clayton, and U.S. Air Force Maj. Chase Bradley, 305th Air Mobility Wing chief of Commander's Action Group, they developed a leadership lab during the course as a capstone event to allow flight commander's the opportunity to utilize tools such as emotional intelligence, feedback and first sergeants.

"I read an article on AU's Leadership Development Course back in March and decided to reach out to see if this was a resource we might be able to tap into."

goal was to provide an academic environment where students could practice these skills first before being thrust into a flight commander role where they may face these situations."

The simulation gives a more realistic practice to complex interpersonal skills. Used in a professional development course, it challenges students to be more attentive to aspects like body language or tone of voice of the individual.

In the capstone event, one student runs through the simulation while others watch. This allows them to see the process and techniques used and discuss together what was done well or what could have been done better. Each individual comes from a different background and different experiences. The discussions allow the students to potentially learn new techniques from each other that

See Al Page 23

# Take ownership of women's health, wellness issues

Commentary by **Cmdr. Francesca Cimino** STRIPES OKINAWA

ctober marks Women's Health Month, an opportunity for the Military Health System to increase awareness among female beneficiaries about important health and wellness issues that span a lifetime.

As an experienced family physician, I know, in the MHS, we have a receptive audience. Women are significantly more likely than men to make and keep appointments with their health care providers, according to the Centers for Disease Control and Prevention's National Health Interview Sur-

Many of these appointments are for routine screenings: mammograms to check for breast cancer. Pap tests to detect cervical cancer. These are important, of course. Thanks to improvements in detection and treatment, more and more breast cancer patients are becoming breast cancer survivors. And U.S. cervical cancer survival rates are among the highest in the world.

But women's health encompasses more than these preventive cancer screenings. Did vou body mass index, but it can

## Commentary

know the No. 1 killer of women is heart disease? The American Heart Association's Life's Simple 7 identifies seven risk factors that women as well as men can improve though lifestyle changes to achieve ideal cardiovascular health.

controlling cholesterol, reducing blood sugar – all of these actions matter. And they're as vital to long-term health and longevity as cancer screenings. Now that I've gotten older, I'm particularly cognizant that as we age, heart disease becomes more of an issue. Damage accumulates over time.

Excess weight also has been linked to heart disease. I know some women find tackling this issue particularly daunting. CDC statistics show that more women than men are obese, and that women are more likely to become obese as we age. About 36.5 percent of women ages 20-39, and 44.7 percent of women ages 40-59, are obese. These figures compare to 34.8 percent of men ages 20-39, and 40.8 percent of men ages 40-59.



Managing blood pressure,

One tip is to cut added sugar

A small weight loss may not necessarily get you to a healthy



Navy Cmdr. (Dr.) Francesca Cimino, right, confers with a colleague in the family medicine department at Uniformed Services University of the Health Sciences in Bethesda, Maryland.

play a role in overall longevity. Losing even 5 pounds can be exponentially beneficial in terms of how it can improve blood sugar and cholesterol levels and lower risk of heart dis-

from your diet. The Food and Drug Administration has updated its guidelines to suggest no more than 10 percent of daily calories come from added

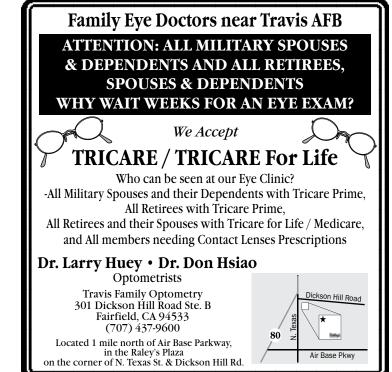
sugars. The FDA also updated the nutrition labeling on food packages to help us keep track of this amount in packaged products.

It's amazing how quickly added sugar accumulates. It shows up in the sneakiest places, including ketchup, salad dressing, canned soups, even your favorite "nutrition" bar. Be a smart shopper and read the label -- especially because

there are, literally, dozens of different names for sugar on nutrition labels.

Many women are aware of the AHA's recommendation for 150 minutes weekly of aerobic activity. I'd like to encourage you to think about making physical activity an everyday part of life, and not something to accomplish only during dedicated workouts. If your

See CIMINO Page 22





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10 Tailwind October 11, 2019 October 11, 2019 AIR FORCE Tailwind 11

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# Air Force aids with Army's Arctic Anvil

**Tech. Sgt. Christopher Carranza**403RD WING PUBLIC AFFAIRS

KEESLER AIR FORCE BASE, Miss. — Airmen from the 815th and 327th Airlift Squadrons provided airlift and airdrop support for the Army's exercise Arctic Anvil, Oct. 1-6.

Arctic Anvil is a joint, multi-national, force-on-force culminating training exercise at Camp Shelby Joint Forces Training Center, Mississippi, that runs throughout the month of October.

"The 815th (AS), along with the 327th Airlift Squadron, had the pleasure of supporting the (4th Brigade Combat Team, Airborne, 25th Infantry Division) for the exercise Arctic Anvil by providing personnel and equipment airdrop as well as short-field, air-land operations," said Lt. Col. Mark Suckow, 815th AS pilot. "We were able to airdrop 400 paratroopers and equipment Wednesday night and 20 bundles of supplies Sunday into Camp Shelby."

The 815th AS is an Air Force Reserve Command tactical airlift unit assigned to the 403rd Wing. The unit transports supplies, equipment and personnel into a theater of operation. The 403rd Wing maintains 20 C-130J Super Hercules aircraft, 10 of which are flown by the 815th AS.

"We had the opportunity to provide three aircrews and two C-130Js to help execute the mass airlift and airdrop," Col. Dan Collister, 913th Airlift Group deputy commander said. The 327th AS is a unit of the 913th AG based out of Little Rock Air Force Base, Arkansas, and is an associate unit of the 19th Airlift Wing, an active duty unit equipped with C-130J aircraft.

"Our primary mission at the 913th is to provide combat-ready Airmen, tactical airlift and agile combat support. Participating in a joint exercise such as this is a great way for our Reserve Citizen Airmen to hone their skills

**See ARCTIC ANVIL Page 17** 



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

Tech. Sgt. Joel Wilson, left, and Master Sgt. Doug Otten, right, 815th Airlift Squadron loadmasters, watch the ramp of a C-130J Super Hercules open prior to airdrop Oct. 2 over Camp Shelby Joint Forces Training Center, Mississippi.





12 TAILWIND AIR FORCE **OCTOBER 11, 2019** 

# Air Force observes Cybersecurity Awareness Month

**Tech. Sgt. Armando A. Schwier-Morales** SECRETARY OF THE AIR FORCE PUBLIC AFFAIRS

October is not all skeletons and jacko-lanterns, there are also scary things that live in cyberspace. October is National Cybersecurity Awareness Month with this year's theme, "Be Cyber Smart."

The awareness month is a collaborative effort between the Department of Defense, along with the Department of Homeland Security and its public and private partners. It is up to the total force to stay vigilant, keep learning and be ready for any potential cyber threat.

The Air Force Office of Information Dominance and chief information officer worked to develop themes that align

weekly themes are meant to assist with changing the culture of cybersecurity throughout the Air Force:

- Week 1: Cybersecurity is everyone's responsibility.
- Week 2: Defending the family Cybersecurity practices at home.
- Week 3: Privacy, PII and FOIA Reducing mission cyber risks by protecting information.
- Week 4: Phishing Continuous training makes a difference.

An already scary cyber world can be scarier when one common threat, identity theft, comes knocking, seeking a reward. However, like other threats, being cyber smart can help the Air Force family be prepared and resilient. There are

with the DoD weekly themes. These eight common types of identity theft:

- Financial identity theft.
- Driver's license identity theft. • Criminal identity theft.
- Social security identity theft.
- · Medical identity theft.
- Insurance identity theft.
- Child identity theft.
- Synthetic identity theft.

The most well-known is financial identity theft, classified in one of two ways: when a thief maxes out credit, steals the victim's money or when

thieves open new credit cards and loans in the victim's name. Two more types of identity theft are driver's license and criminal identity theft. Driver's license theft is when a thief

poses as the person, possibly damaging

the victim's driving record. Criminal identity theft takes place when the victim's identity is used with police, resulting in a criminal record being created in the victim's name. When this occurs, the victim of criminal identity theft can have problems with law enforcement or be unable to gain employment.

Another form of identity theft involves social security numbers and benefits. Most government benefits require a social security number to obtain. Social security number thieves can falsify official documents when they have access to a victim's social security number.

Medical identity theft can be used to commit fraud involving health insurance and medical coverage. Related to

**See CYBERSECURITY Page 17** 

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# Wright joins Little Rock **Airmen for Wingman Day**

Staff Sgt. Dana J. Cable

19TH AIRLIFT WING PUBLIC AFFAIRS

LITTLE ROCK AIR FORCE BASE, Ark. — Chief Master Sgt. of the Air Force Kaleth O. Wright visited Little Rock Air Force Base, Arkansas, Oct. 3-4, to meet with Airmen and take part in the base's Wingman Day.

Wingman Day was the culminating event for the first Resiliency Campaign Plan. The RCP is the method of connecting Airmen to not only the mission, but also to the resources and community required for cultivating a culture of ready warriors.

Upon his arrival, Wright visited multiple units across the installation including the 19th Air Wing, 314th AW, 189th AW and 913th Airlift Group to learn

about how Little Rock AFB's singular focus on combat airlift is underpinned by the foundation of training that happens here and is manifested in the day-to-day operations supported around the world.

"Having the opportunity to see all four of the mission sets that you have here with the three wings and the group has been an amazing experience," Wright said. "I got the opportuphase of the 19th Airlift Wing's nity to connect with quite a few Airmen today and yesterday – I appreciate what you guys do."

For all Airmen, Wingman Day started with taking a wingwide defense equal opportunity climate survey. The 19th AW partnered with the 711th Human Performance Wing from Wright-Patterson AFB, Ohio, to provide a more detailed survey to approximately a third of

See WRIGHT Page 17

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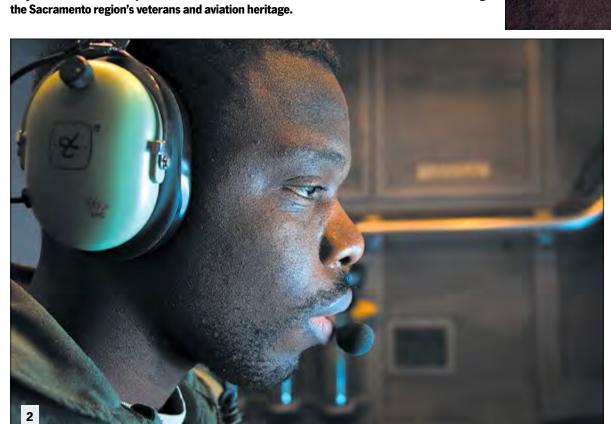


14 TAILWIND 15

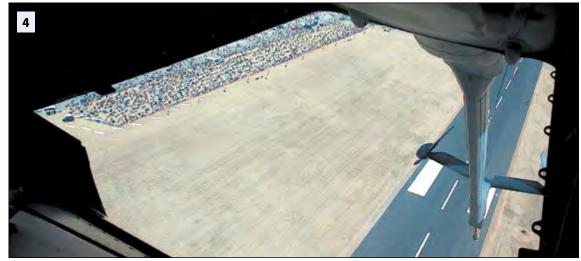
# Travis takes part in 2019 Capital Airshow flyover



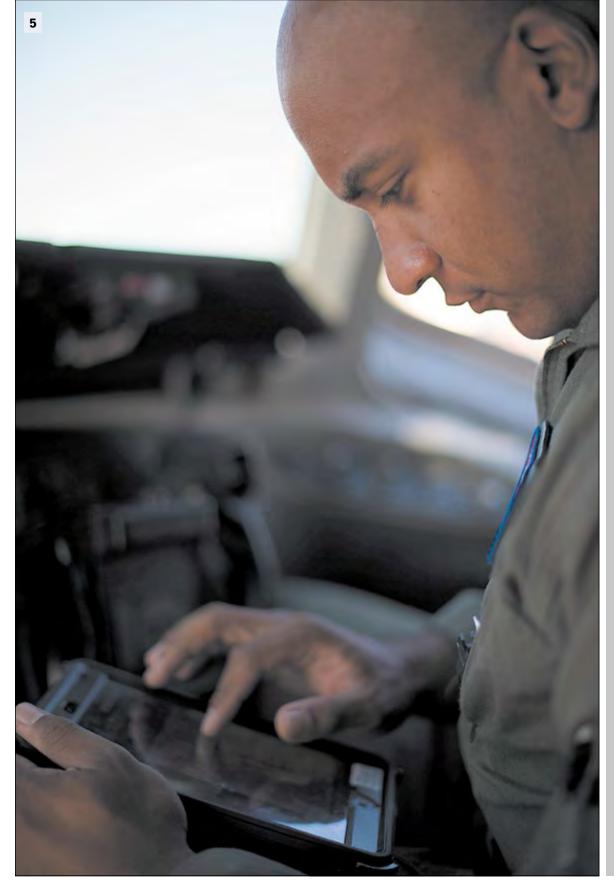
1) Staff Sgt. Cornelius Frazier, 9th Air Refueling Squadron boom operator, opens the hatch for the boom on a KC-10 Extender Oct. 6 at Travis Air Force Base, California. 2) Staff Sgt. Cornelius Frazier, 9th Air Refueling Squadron boom operator, looks out the refueling window on a KC-10 Extender Oct. 6 near Travis Air Force Base, California. All three of Travis' airframes performed a flyover for the 2019 Capital Airshow in Sacramento. The airshow is an annual event honoring the Sacramento region's veterans and aviation heritage.







3) Capt. J. B. Webb, 9th Air Refueling Squadron KC-10 Extender pilot instructor, talks to another pilot through a headset Oct. 6 near Travis Air Force Base, California. All three of Travis' airframes performed a flyover for the 2019 California Capital Airshow in Sacramento. The airshow is an annual event honoring the Sacramento region's veterans and aviation heritage. 4) A KC-10 Extender flies over the audience at the California Capital Airshow Oct. 6 at Sacramento. California. 5) 1st Lt. Caleb McCullough 9th ARS KC-10 Extender pilot, performs preflight inspections Oct. 6 at Travis Air Force Base, California.



civilians. Screenings include cholesterol,

AFMCwellness.com or contact CHPS at

707-424-CHPS or CHPSTravis@foh.hhs.gov.

Combat Arms Firing Range. Bldg.

road in the northeast corner of Travis is off

limits to all personnel. Trespassing is not only

weapons firing. Anyone requiring entry into the

424-2122 or visit at 700 Vandenburg Dr., Bldg

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.

**Reporting System.** Civilian and military

personnel must maintain emissions

at 707-424-5103.

information with the Web-based ECARS

Employee-Vehicle Certification and

system. For more information, call Xuyen Lieu

**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

Family Advocacy Parent/Child play

**groups.** Toddlers to the Max play group for

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

1 p.m. the first Tuesday of every month at the

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

Government no-fee passports. All

photocopy of Military Identification Card front

months: 3) Supporting document(s), proof of

county seal, if it involved a name change submit

a court order or marriage certificate. Passport

application cannot be handwritten and printed

and/or https://travel.state.gov. For more

information, call 707-424-5324.

a Hometown News Release visit

more information. call 707-557-4646

the information.

back to back and must be completed online with

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p.m. Monday through Friday and 10 a.m. to 4

p.m. Saturdays. 1100 Railroad Ave. in Vallejo. For

M-50 Gas Mask Fit Testing. Takes place

Mare Island Museum. Open 10 a.m. to 2

U.S. citizenship certified copy with state or

and back; 2) Passport photo taken in the past six

submissions of applications for government

no-fee passports must now include: 1) A

email travsoncombatntsd@gmail.com

Balfour Beatty Community Center and from

Family and Friends Combat Stress Peer

children ages 1 to 3 meets from 9:30 to

more information, call 707-423-5168.

**Support Group.** Meets from noon to

the Facebook page "EFMP Travis AFB."

**Exceptional Family Member Program** 

illegal, but extremely dangerous due to live

area or needing further information should

contact the base Combat Arms Section at

1219 Travis AFB, CA 94535.

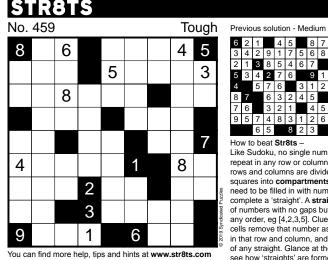
1370, located 200 yards northeast of perimeter

# **Swap Ads**

### For rent

3/2 home, very clean, 3 mins. to Travis. Living room, dining room, family room, fire place, dishwasher, 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**



Like Sudoku, no single number car repeat in any row or column. But.. ows 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 ells remove that number as an option in that row and column, and are not part f any straight. Glance at the solution to

see how 'straights' are formed

Previous solution - Very Hard

To complete Sudoku, fill the board

that each row, column and 3x3 box

For many strategies, hints and tips

other puzzles, check out our books.

iPhone/iPad Apps and much more on

If you like Str8ts, Sudoku and

our store at www.str8ts.com

contains every number uniquely.

by entering numbers 1 to 9 such

# SUDOKU

No. 459							Easy		
4							9	3	
				5	7				
	5	6				7			
6			7	8				2	
	3			9			1		
7				4	3			5	
		8				3	5		
			9	6					
2	4							1	

The solutions will be published here in the next issue.

# **Retiree Corner**

# Federal benefits open season begins soon

GREENLAND, N.H. — The Federal Benefits Open Season takes place Nov. 11 to Dec. 9. It is the annual opportunity for retirees and surviving spouses to enroll in, change or cancel dental and/or vision coverage with the Federal Employees Dental and Vision

Insurance Program.

Coverage becomes effective Jan. 1 for people who enroll during this open sea-

To enroll in a FEDVIP plan, go to the BENEFEDS website at https://www. benefeds.com/. Under the Programs tab. select "Enroll" under the "Dental and Vision" section

> - Air Force Retiree **News Service**

# **News Notes**

Battle of the Bands. Noon Oct. 26 at the irst Street Chapel/Base Theater Parking Lot. mail shaquoyla.hargrove@us.af.mil to register

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

# Chapel programs

### Recurring events Catholic

### Twin Peaks Chapel

- Roman Catholic Mass: 9 a.m. and noon
- 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.
- 7:30 p.m. Wednesday, Annex. • RE Classes: 10:15 to 11:30 a.m. Sunday,

• Rite of Christian Initiation of Adults: 6 to

### 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.,

### **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-

### **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 n 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.

 $\diamond$ 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. Revnoldo Rios or Master Sgt. Rosel Agapav. 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-

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

Civilian Health Promotion Services.

Will perform free wellness screenings from 7:30 from 9 a.m. to 3 p.m. every Wednesday at Bldg. to 9:30 a.m. every Monday for all DoD federal 791. All deployers are fit as necessary. For more information, call 707-424-2689. glucose, blood pressure and body composition Mitchell Memorial Library. Open 9 a.m. analysis. For more information, visit www. to 7 p.m. Monday through Thursday, 9 a.m. to 5

> 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.

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

**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.

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.

For more information, call 707-424-5324.

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

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

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

Travis Composite Squadron 22 Civil



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

What's Cookin' Wednesday. Free lunch

**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

information, contact CAP 1st Lt. Jo Nash at

us, visit during a UTA or check out http://

Open 10 a.m. to 5 p.m. Tuesday through

squadron22-cap us

707-424-3996 or recruiting@squadron22-cap.

Travis Air Force Base Heritage Center.

Saturday, Building 80, 461 Burgan Blvd., Travis

Air Force Base. Escorts required for general

public, call center to arrange. Free. 424-5598,

and notaries are walk-ins 9 a.m. to 2 p.m.

Monday, Tuesday, Wednesday and Friday,

active duty members and dependents are

walk-ins from 2 to 3 n m. Tuesday. For all wills

and retiree legal assistance, call 707-424-3251

Voluntary Leave Transfer Program.

· Rabiye Hamilton, Travis AFB Commis-

• Dina Patterson-Steward, 60th Aerial Port

Maria Thammasen 60th Force Support

Dennis Weaver, Air Force Manpower

The VLTP allows an employee who has a

medical emergency or is affected by a medical

emergency of a family member and is without

availability of paid leave to receive transferred

Tuskegee Airman Lee A. Archer

Chapter. Meets at 3 p.m. the third Saturday of

the month at the Airman and Family Readiness

at the Travis AFB USO Bldg. 1348. Served from

more information, call 707-424-1720.

annual leave directly from other employees. For

Mark Holmes, 10th Contracting

· Jason Perkins, Grand Forks AFB.

Gina Silva, Air Force Academy

9 a.m. to 1 p.m. Thursday, Legal assistance for

**Travis Legal Office.** Power of attorney

www.travisheritagecenter.org.

to make an appointment

Force Support Squadron.

Transfer Program:

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headquarters

higher grade-point average. For more

• 6:30 p.m. "Scary Stories

to Tell in the Dark" (PG-13) • 9 p.m. "Hustlers" (R)

### Saturday

- 6:30 p.m. "Overcomer" (PG)
- 9 p.m. "I Am That Man" (R)

# Sunday

• 2 p.m. "The Angry Birds Movie 2" (PG)

11 a.m. to 1 p.m. every Wednedsay. For active duty, Guard, reservist and their families.

# Local events

### Events

Benicia Farmers Market. 4 to 7 p.m. Thursday through Oct. 24, First Street between B and D streets. www.beniciamainstreet.org.

**Kidfest.** 10 a.m. to 2 p.m. Oct. 19, Andrews Park Vacaville www.ci.vacaville.ca us/residents/vacaville-youth/kidfest.

Party on the Patio. Music begins at 5:30 p.m.: Suspects of Soul, Oct. 10; 5 O'clock Somewhere, Oct. 17: 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. Vacaville Farmers Market. 8 a.m. to

noon Saturday, through October, Creekwalk The following Travis employees are approved as Plaza at Andrews Park. www.vacavillefarmersleave recipients through the Voluntary Leave market.com.

Vallejo Art Walk. 5 to 10 p.m. second John Butler, Special Tactics Training Friday of each month, downtown Valleio, Free admission. www.vallejoartwalk.com. Neftaly Clark, 1st Special Operations

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



# Airmen complete FTAC



Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman 1st Class David Apodaca, 60th Aircraft Maintenance Squadron; Airman Basic Ezra Ashton, 60th Security Forces Squadron; Airman 1st Class Joshua Berg, 60th AMXS; Airman Basic Cayden Chase, 60th Maintenance Squadron; Airman 1st Class Alan Christensen, 60th Communications Squadron; Airman 1st Class Wilfredo Cruz Alvira, 60th Medical Support Squadron; Airman Basic Garrett Graves, 60th Aerial Port Squadron; Airman Garrett Grintz, 60th MXS; Airman 1st Class Tyler Hinks, 60th AMXS; Airman 1st Class Hernan Jaco Arauja, 60th Surgical Operations Squadron: Airman Basic Halle Johnson, 60th MXS: Airman 1st Class Michael Lankford, 21st Airlift Squadron: Airman 1st Class Dana Le. 60th CS; Airman 1st Class Kiara Lombard, 60th Operations Support Squadron; Airman Basic Rachel Luetke, 60th APS; Airman 1st Class Rebecca Manzanares, 60 AMXS; Airman 1st Class Alisha Marsh, 60th Medical Operations Squadron; Airman 1st Class Nikko Mendoza, 60th MXS: Airman Basic Tyler Miller. 860th AMXS: Airman Peter Ovaro. 60th SGCS: Airman 1st Class Shane Pendleton. 60th APS: Airman 1st Class Damien Ponders, 60th APS; Airman 1st Class Jason Quintanar, 60th APS; Airman Preston Ricks, 60th AMXS; Airman 1st Class Stanley Saechao, 60th MXS; Airman Caleb Shelby, 860th AMXS. Airman 1st Class Jared Toney, 60th CS; Airman 1st Class Voltaire

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

**OCTOBER 11, 2019** TAILWIND 17

# **Arctic Anvil**

From Page 11

and get experience working hand-in-hand with partner units and sister services," Collister said.

More than 3,000 Soldiers of the 4/25th ICBT (ABN), based out of Joint Base Elmendorf-Richardson, Alaska, are participating in the exercise.

"At Camp Shelby, our paratroopers have completed a mass tactical airborne operation followed by force-onforce exercises culminating with combined live-fire training that will prepare us for the brigade's upcoming joint readiness training exercise in January," said Army Col. Christopher Landers, 4/25th IBCT (ABN) commander. "Camp Shelby and the state of Mississippi have provided a remarkable training opportunity, that without their significant support, would not have been possible."

In addition to the 4/25th ICBT (ABN), Soldiers from the 177th Combat Sustainment Support Brigade, the 3rd Royal Canadian Regiment and Airmen from various units collaborated for the exercise.

Airmen from the 403rd Wing, 319th Airlift Group, 321st Contingency Response Squadron and 81st Training Wing supported the Air Force's role in Arctic Anvil. Airmen from the 81st Logistics Readiness Squadron and Operations Support Flight contributed to the exercise with ground vehicle transportation and airspace support for the Soldiers who were rigging their supplies for airdrop.

"I am proud of our crews for this exercise," Suckow said. "They executed the mission as planned and helped us to meet our objectives. Time over target for airdrop and air-land operations were executed flawlessly. The air-land portion into the (landing zone) was completed in less than minimal time from landing to takeoff. Having the opportunity to work with thousands of Soldiers in a large scale exercise like this is very beneficial training for us, it prepares us for real world operations."

# Wright

From Page 12

Airmen, focusing on unit culture and mental health.

"We wanted to solicit direct feedback from members across the wing," Col. John Schutte, 19th AW commander said. "We will take that feedback and use it to inform what our efforts will be over the course of the second phase of our RCP."

To kick off Wingman Day, Wright augmented with security forces members checking identification cards and greeting Airmen at the gate.

Following his time with the base defenders, Wright visited Camp Warlord – Little Rock AFB's training complex where semi-annual full-spectrum readiness exercises are held to gain a better understanding of where Airmen practice and hone their expeditionary readiness skills.



Chief Master Sgt. of the Air Force Kaleth O. Wright simulates flying a C-130 Hercules in a Multi-Mission Crew Trainer with Master Sgt. David Long, 189th Operations Support Squadron instructor flight engineer, Oct. 3, at Little Rock Air Force Base, Ark.

19th Medical Group for a surprise visit to meet with Little Rock AFB medical professionals.

Next, Wright joined Airmen at the mission expo — a festi- Engineer Squadron emergenval-style display connecting ju- cy management journeyman. Wright then stopped by the nior Airman to their vital role

in combat airlift.

"The expo gave everyone a chance to see the bigger picture." said Senior Airman Matthew Head, 189th Civil "It's a good way of building

mation, they can still use parts

of an identification to create a

Thieves can create scary

problems for potential victims

and leave them with problems.

Knowing each common type is

just the beginning of being cy-

synthetic identity.

community — to take a day just to reflect on what we're doing. The mission's important, but most effective when everyone has a clear mind and an understanding of why we're here."

After the expo, Wright joined various dormitory restoration projects dubbed, Operation Dorm Storm, bringing more than 400 supervisors and base leaders to conduct small repairs and beautification efforts to the dorms; demonstrating leadership's commitment to the health and well-being of Airmen.

"Operation Dorm Storm is all about visibly demonstrating to Airmen at the lowest level that leaders from across the base want to dedicate our time and our efforts to take care of Airmen," Schutte said.

Before departing, Wright sat down with Airmen for lunch at the Hercules dining facility where they spoke about their personal stories and their outlooks on the Air Force.

# Cybersecurity

From Page 12

medical identity theft is insurance identity theft. Thieves leave the victim with the problems after they use the victim's identity, including difficulties in settling payments, Additionally, when thieves can't

potentially higher insurance get a victim's complete inforpremiums and quite possibly trouble in acquiring medical coverage later on.

Even children fall victim to cyber threats and identity theft. A child's information can be used to defraud the government, create documents, commit crimes and apply for loans.

ber smart. For tips, tricks and more information.

information on identity theft, follow this year's theme, #BeCyberSmart. For events happening at a specific location, contact the local information protection office. Visit https://www.safcioa6.af.mil/ Organizations/CISO-Homepage/NCSAM-2019/ for more



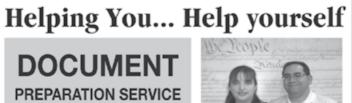
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# **Data**

From Page 5

Forces Management Information System, a case management system the Air Force has been using since the 1990s.

In early 2019, Thompson's criminal data reporting team, in a joint effort with the Navy, modified the Naval Justice Information System to meet Air Force needs. The new system uses Air Force hierarchies, roles, workflows and includes a global blotter module.

Master Sgt. Elizabeth Sadler, who led system development efforts, said AFJIS provides an innovative, agile and centralized capability for all aspects of criminal data reporting, meeting the requirements set forth by the under secretary of defense (information), DoD inspector general and federallymandated instructions.

"This is a monumental step in the modernization of security forces criminal data reporting system, providing a centralized hub of criminal data reporting, automatic flagging of federally reporting of offenses, providing installation breech tracking and criminal data reporting trends and analytics that allow for predictive analytics," Sadler said.

Thompson noted this is just the start.

"AFJIS and the recently stood up Air Force Criminal Justice Information Cell provide a solution for the Air Force's long-term criminal data reporting requirements," she said. "The total force team will continue to develop and improve the system to include additional capabilities that further enhance the capabilities in our defender toolkit."

# Medics

From Page 8

"Putting the power of innovation into the hands of Airmen accomplishing the work of the Air Force not only increases the overall quantity and quality of ideas the Air Force has to work with, "McQuary said. "It also instills process ownership into the Airmen who participate. For me, I feel more pride working with processes in which I've contributed to creating or improving."



Staff Sgt. Edwin Suarez, 921st Contingency Response Squadron air transportation craftsman, goes for a kick during a Club Hub soccer match Oct. 4 at Travis Air Force Base, California. Club Hub is a program that allows Airmen to organize groups or join other Airmen in activities that interest them.

# Club Hub

From Page 5

accidentally damaging equipment, so it didn't matter where I was; I wasn't happy anywhere," said Guzman. "I found myself alone. All I could think was, 'What's the point in trying anymore?""

Life can push people down, so learning to cope is vital, said Maj. David Weller, 60th Medical Operations Squadron officer in charge of the Alcohol and Drug Abuse Prevention and Treatment team

"Dealing with struggles

alone is best understood from a fatigue management perspective," said Weller. "Imagine trying to hold a full water bottle out at arm's length for as long as you can. It will only be a matter of seconds before your arm, shoulder, neck and back start to burn, and, in all likelihood, your arm will slowly start to lower until the muscles fatigue and your arm drops to your side."

Try imagining the tiring muscle as a person's willingness to keep on pushing forward in life, he continued.

the arm, one's mental state will tire out and give up.

"Carrying a burden by yourself has a similar effect on your mental and emotional muscles," said Weller. "Effective stress management skills help us find ways to either lighten the load or find different ways to carry it. Now, imagine having a wingman help you hold that water bottle. How much longer could you hold it out if vou had the help of one or more people?"

Guzman still wanted to play soccer, but knew he had no desire in trying to join the base team. He planned on building a team of his own, so he could play soccer for fun and make friends in the process.

"I wanted to build a group that would always feel welcomed whether they were good, bad, just learning or just there for the day," said Guzman. "But I didn't know how to spread the word about my club so people knew it existed."

After days of looking for good ways to get the word out, the solution came to him.

"I first heard about Club Hub during a Chief Chat. Chief Master Sgt. Derek Crowder, 60th Air Mobility Wing com-Eventually, like the muscles in mand chief, mentioned it and it

got me thinking," said Guzman. "I found the website and when I finally got the club going, it felt like I overcame an obstacle."

During the Chief Chat. Crowder encouraged Airmen to check out Club Hub, a program at Travis AFB that offers a wide range of clubs ran good enough for the base team by Airmen.

"Club Hub, just like any program is only as good as those who take advantage of it," said Crowder. "It is not my program; it is our program. I encourage you to check it out to see the many clubs we offer. If we do not have a club that interests you, I ask you to create one. There are no bounds to the amount of clubs we can have and together we can make a difference in the lives of others."

When Guzman posted his club online, he began connecting with more people through their shared love for soccer.

"Since I made the soccer club, I've gained lots of new friends and met so many people who enjoy playing soccer as much as me," said Guzman. "We are a very welcoming group. We try not to exclude those who just want to participate and hope to build full teams soon for legit games."

Through Club Hub, Guzman

said his morale has improved and he now enjoys being assigned at Travis AFB.

"Club Hub has raised my morale through the roof, because it gave me a way to bring people together," said Guzman. "People who may not be or just want to play for fun are welcome here, we have fun. We crack jokes and enjoy each other's company. What could be better? We only play once a week and that's enough to keep my spirits high because now I have something to look forward to every time a new week starts up.'

The impact Club Hub had on Guzman is the reason Crowder introduced the program, he

"The Club provides Airmen with a place to connect through the love of specific activities Airmen choose," said Crowder.

"My goal for Club Hub is an opportunity for Airmen to connect with other individuals with common interests. Through that connection, you build friendships that often last longer than just your current assignment.

For more information about Club Hub, visit https://www. travis.af.mil/TAFB-Club-Hub/.

**OCTOBER 11, 2019** TAILWIND 19

# **Flexes**

From Page 4

"We moved on to 551 pounds after (Cook) put up the 536 so easily with the goal of raising the bar so high that it wouldn't be broken again anytime soon," Cranage said.

With one final push, Cook lowered the weight down on to his chest, paused, and cranked it back up, letting out a huge roar of triumph to the dozens watching.

Being able to lift over 2.5 times your bodyweight is a feat accomplished only by less than one-tenth of 1% of the population, said Cranage.

But the hard work put forth by Cook, now a world record

holder, isn't reserved only for the gym, it's shared and elevated by his service as an Airman.

The skills needed to be an effective Airman and leader align naturally with the skills needed to be an effective powerlifter, as are many of the challenges and sacrifices, said Cook. "Benching heavy weight

comes with proper technique.

a lot of repetition, putting your body in uncomfortable situations and stressing your muscles until they grow," Cook said. "Those same attributes are needed to be an effective leader and follower in our Air Force. job. Proper technique when dealing with peers, the Airmen who work for you, and certain workloads is needed daily."

As a KC-10 Extender boom

positions

During aerial refueling, Cook's job is to guide the boom, a 28-foot long pipe used to transport fuel, into the fueling port of a receiving aircraft while both aircraft cruise at speeds up to 350 mph. During this, Cook must leverage his hulking frame into the boom operator's compartment, a small, 4-foot by 7-foot room with hardly enough room to stand up.

There's a lot of pressure. Cook said, but that's part of the

"There will definitely be stressful days," he said. "You're going to be uncomfortable with a lot of situations that arise in the work area, but we need

operator, Cook is used to put-that pressure to help us grow. I but just like the Air Force adting his body in uncomfortable treat the individuals I encounage, "the mission never stops," ter on a daily basis the same as neither will Cook, and as far as I do a heavy set in the gym. Rehe's concerned, one world respect them just like you would cord is great, but two would be that heavy weight, use proper better. form and technique when approaching the situation, take a cord, I realized I could've done deep breath when needed, then push as hard as you can to get to

where you need to be." Sitting on a world record could have anyone feeling like they're deserving of a break, just warming up."

"Right after I broke the reway more than I just did," Cook said. "My new goal is to crack 600 pounds with raw bench. Next year. I will set another international record for sure – I'm









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**OCTOBER 11, 2019** TAILWIND 21

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# Cimino

From Page 9

schedule precludes you from spending 30 minutes on an elliptical machine or stationary bike on any given day, all is not lost. Make a daily habit of climbing the stairs instead of riding the elevator, and parking your car farther from your destination so you can get a few more steps in.

All movement matters. According to a Harvard study, simply being more mindful of how movement adds up to exercise helped hotel maids

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lose weight and improve their blood pressure. Finally, I'd like to encour-

age you to be your own best advocate when it comes to health and wellness. For example, urinary incontinence comes up frequently when I ask my patients about it, but patients have sometimes been reluctant to be the first to broach the topic. Incontinence may be normal for women who've experienced childbirth, but that doesn't mean you have to resign yourself to it. It's treatable. So are problems associated with sex and comfort, interest, pain, and pleasure.

Mental health is another topic to bring up with your health care provider. Research has shown that hormonal changes at three stages of a woman's life—puberty, post-pregnancy, and during perimenopause - may trigger clinical depression. You don't

need to suffer in silence.

The MHS provides a variety of programs, resources, and tools to maintain and improve the health of our female warfighters and beneficiaries. During Women's Health Month and indeed, any other time, let us know how we can help you.



From Page 3

It's because of Travis' geographic proximity to Silicon Valley that events like the Spark Collider are easier to coordinate and, thus, easier to reap benefits from, Hammerschmidt said.

intellectual capital," he said, on the uniform,"

"From Sacramento to Silicon Valley, we're sitting in the middle of a tech hub. We want to work to leverage that capital. We want to foster these partnerships to help us do more with less so that Travis can stay the world's finest mobility force and so we can have the tools and capabilities to deliver on the promise we make to our "Travis sits on a wealth of country every day by putting



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# **Uniforms**

From Page 4

the clothing items upfront to be issued," Donald Cooper, Air Force initial clothing issue chief

said. "Then we warehouse and issue to the individuals' size-specific clothing."

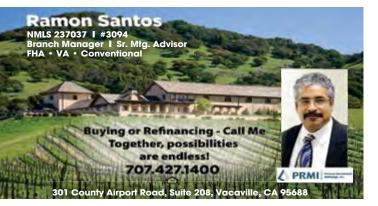
After taking Airmen feedback into consideration, the uniform board members said they chose the OCP for the improved fit and comfort and so officer ranks to the spice brown. that they will blend in with their soldier counterparts' uniaccording to Cooper.

"Right now, if someone deploys, they'll get it issued," Cline said. "And now that everyone is converting over to this uniform. (the trainees) already have the uniform to work and deploy in."

Following the timeline, the OCP should now be available online for purchase as well.

The next mandatory change listed on the timeline, to take place by June 1, 2020, will be for Airmen's boots, socks and Tshirts to be covote brown. Also,

For more information on uniform guidance, visit https://www. forms in joint environments, afpc.af.mil/Career-Management/Dress-and-Appearance/.



From Page 8

**OCTOBER 11, 2019** 

help them grow as leaders.

"It was a phenomenal experience," said U.S. Air Force Capt. Christine Kloss, 108th Wing deployment officer. "I was the last one to go, so as I was giving critiques I thought to myself 'wow, it's so easy to be on the other side than when you're actually having the conversation.' When I knew I was going up, I felt a little insecure, but I think what I gave would be what I would give in that situation because it did feel so incredibly real. It was really helpful, because there wasn't any giggling from us just role playing."

Per Goldfein, commanding a flight is the first level of command. Strengthening the culture of a squadron begins by acknowledging that commanders set the standards for their units with actions, words and deeds. Without empathy, interpersonal communication can dissolve and leave morale of the workforce depleted.

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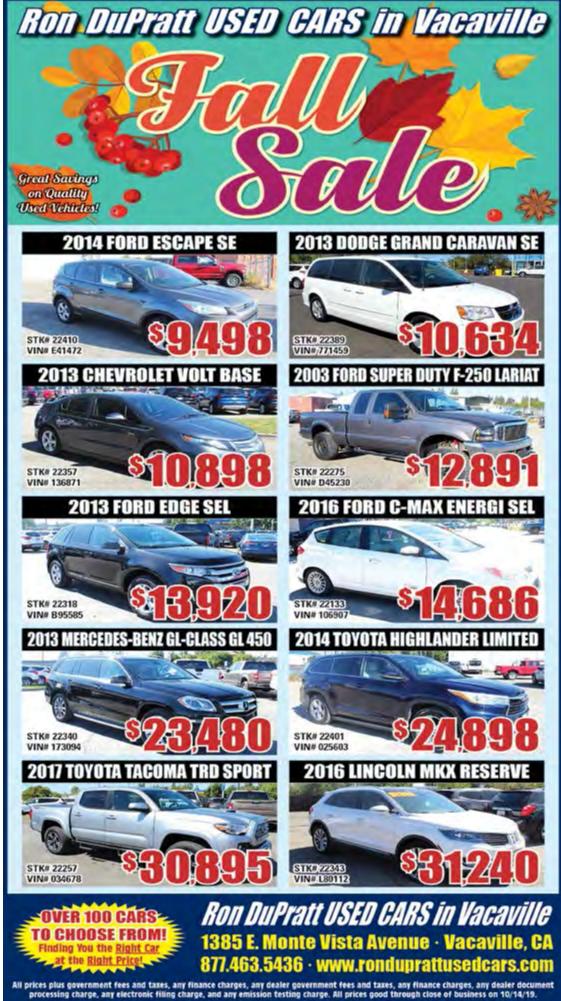
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"This program would be really beneficial if it can be implemented not only in the Flight Commander Course, but in Officer Training School or the (United States Air Force) Academy to broaden the experience," said U.S. Air Force 1st Lt. Jiahua Ye, 108th Wing deputy OIC. "Young lieutenants who just graduated at 21 or 22-years old are not going to understand how to counsel people who are maybe twice their age. When running a military operation, we need to understand what people are actually feeling and what kind of impact we can have on (their) lives based on how we handle the situation."

Utilizing AI gives perspective on how to take care of Airmen. If Airmen lose focus on themselves, they can lose focus on the mission. Incorporating AU's live simulation - mixing reality leadership experience in the Flight Commander Course is an effort to restore readiness at the fundamental fighting organization of the United States Air Force – the squadron.





TAILWIND 23

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# **Stubbendorff**

From Page 2

overcoming those subsequent failures that led him to his greatest accomplishment.

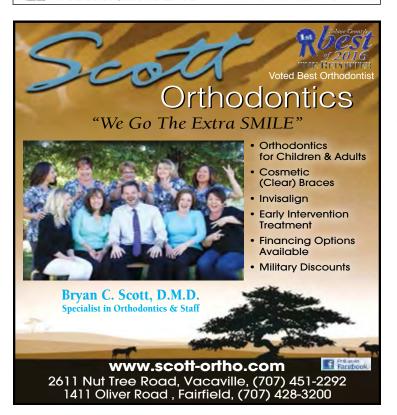
Goldfein has told us "not every idea is a home run. If an idea fails, we want it to fail fast and our Airmen to learn even faster. And because we've shown them we believe in their ideas, I want them to keep swinging until we find the answer."

He is encouraging us to take risks, to know failure may result from those risks and to learn from those failures. In the Air Force, we

have no-fail missions. These missions are practiced so that when the time comes to perform them, we are trained and prepared.

As an Air Force, we must accept some risk and understand failure can happen as a result of that risk. Overcoming this failure will be what makes us great. We need to leave our comfort zone and challenge ourselves. We need to be comfortable with being uncomfortable. This will allow us to do things that were previously thought impossible, like climb a challenging ascent, break the sound barrier and accomplish the next great thing.





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# **Energy**

From Page 7

range and limit the need for aerial refueling. Investments in modern software improve the effectiveness of tankers and streamline mission planning. Engine sustainment initiatives increase time on wing and prevent some maintenance issues. At the installation level, from new onsite generating capabilities to ensure energy resilient operations, to a record setting year of energy savings performance contracting, the Air Force is prepared to fly, fight and win from its installations under any conditions.

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# **Flores**

From Page 2

through more than 20 years of military service, I had to get out of my comfort zone to grow and flourish.

I am not the only one who has left a cozy home and closeknit family to fight for our country's freedom; most of you reading this have answered our nation's call to serve as you overcome fears and learn to grow in every aspect of life. As dedicated service members, you make sacrifices and work hard to provide a better future for upcoming generations, and this strong legacy of love, honor, and service will continue to thrive amongst our ranks and our families. This proud legacy is what I hope to impart upon my children, my family, my

community, and my Airmen. I have come to realize how important it is to represent where we come from because it shows others that they can succeed, too. Still, achieving our goals takes dedication and discipline; we must realize that circumstances don't have to be perfect for us to achieve our aspirations. You may have different challenges than others, but that doesn't take away from your inherent power; it's actually what makes your story special. I have been inspired by other strong Hispanic women who serve, such as the previous Air Force Reserve cause I seek to expose myself

Command Chief, Ericka Kelly and our wing's newest First Sergeant, Master Sgt. Perla Tapia. These resilient women have overcome glaring obstacles, yet have risen above life's challenges to empower others. They have adopted a growth mindset, which tells them that even though something is difficult or at times seems impossible to overcome, they must continue to push through; and they succeed. If they can do it, so can vou. Interestingly, I believe suc-

cess is not always about winning or getting your way; sometimes it's about who you become through the process. We can learn through good and bad leadership, because we can grow from every experience and challenge the status quo. I have been blessed with transformational leaders who have empowered me, but I have also been challenged with other types of leaders, whom I learned from nevertheless. I served five regular active duty years in the Army, which was not my favorite experience... but I still gleaned from it. Now, I'm even more grateful for the privilege to serve with the Air Force for the past 15 years. I have learned that if I see someone else doing something I want to do, I can seek the training and experience, and be willing to meet challenges head on. For instance, I have improved at certain skills be-

to things that I once thought I could not do. It's astonishing that though I have a dread of public speaking. I am now the 944th Fighter Wing Top 3 President running monthly meetings; leading weekly meetings for Luke Toastmasters as the Vice President of Public Relations; and traveling to facilitate SNCO Leadership Courses AFRC-wide. While this did not happen overnight, my willingness to get out of my comfort zone is what has made this growth possible.

Thus, I encourage you to remember that regardless of the situation you find yourself in right now, there is always the potential for greatness in your future. All you have to do is get after it. Fear not the challenges, but learn from them, and constantly seek ways to take care of Airmen, families, and community. Don't let any type of adversity allow you to question your self-worth or demean your legacy. Instead, honor your heritage, and celebrate it. Continue your personal and professional development no matter what; and enjoy every success. Indeed, be PROUD of your

heritage as you seek new opportunities; become a lifelong learner; empower everyone around you to overcome their fears and challenges; and become inspirational to them. I truly believe you have this power in you, because if anyone else can do it, so can you.



**Fairfield-Suisun School** District, use a laser to remove paint during the 60th Maintenance **Group Honorary** Commanders tour Oct. 4 at Travis Air Force Base, California, 2) Dale Patterson, 60th **Maintenance Group** deputy director, delivers remarks during an introductory mission briefing for the honorary commanders Oct. 4 at Travis. 3) Richard Saleck, left, 60th **Aerial Port Squadron** air freight operations manager, briefs honorary commanders

program is to promote

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# ... commanders take tour of 60th MXG

U.S. Air Force photos by Heide Couch





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