



Band plays
on Monday
Night ...

FOOTBALL

Putting pen to paper powers reflection

As some of you might be able to relate, the other night, I was reading a story on the internet, which led me to another story that led me to another that led to another.



Commentary by Col. Gregg Johnson
60TH OPERATIONS GROUP

passes he threw during the season, allowing him to replay his game movements, intended receiver progression, and pass timing against defenses – all to fill his insatiable appetite to better himself at every opportunity and advance confidence within a complex system.

My article-driven rabbit hole finally led me to YouTube and to watching a video about future National Football League Hall of Fame quarterback Peyton Manning, specifically, the amount of time he's dedicated to the study of game film and video. Just to provide an example of the level of study, after the 2014 season, he reviewed all 787

After watching the Manning segment, I was reminded of a passage from Brené Brown's book "Dare to Lead," in which she writes, "Grounded confidence is the messy process of learning and unlearning, practicing and failing, and surviving a few misses." That "messy

process" for Manning is the review of game video. For me, it is reflection.

Reflection is easier said than done. The hardest time to carve out of my day or week is time for reflection, but it is a must. You see, I failed early on in my career to heed the advice from my mentors and set aside time, no matter the duration, to reflect. I thought a sortie or mission debrief was all the reflection I needed – finding root causes or lessons learned to make the next mission better. From a technical point-of-view, that was true, and I was on my game; however, I was missing the bigger picture – the intangibles like emotional intelligence, decision-making processes and leadership

philosophies, just to name a few. I lost valuable insight and conversations with myself, and not until I was faced with a tough decision as a squadron operations officer did I re-evaluate the power of pen to paper.

The pen-to-paper reflection is my film room and practice field. While I look forward to diving right into reflection, I have three rules that govern my sessions in order to make the most of my reflections:

1. Be honest with myself. I must fight my ego getting the better of me by downplaying circumstances or outcomes of something I am reflecting on just to make me comfortable. This does not and will not benefit me when I look to apply

reflection outcomes. However, this rule does not give me permission to beat myself up.

2. Reflect on the good. I do not solely focus on things that went bad. A reflection on the positive reinforces values, processes and advances that "grounded confidence" to which Brown refers.

3. Do not let "what ifs" take over. The "what if" trail is easy to do, especially when reflecting on a difficult circumstance or issue. To minimize this, I focus on what I learned and the positives generated from the outcome, not necessarily trying to change an outcome.

In closing, I offer a few

See **JOHNSON Page 22**

Retired sergeant uncovers uncle's Soldier career

Commentary by Randy A. Couch
RETIRED U.S. AIR FORCE MASTER SERGEANT

Commentary

As Veterans Day approached, I found myself thinking about my Uncle Mike. His military service was not very long – one three-year hitch in the Army.

As far as I can tell, almost the entirety of his first two years were spent in training and schools. It is the last year of his service that is both interesting and mysterious.

First, a little background. Uncle Mike was born Harvey Buell Couch in Little Rock, Arkansas, in 1942. He attended first and second grades in Santa

Monica, California, before the family settled down for a while in Ukiah, California. According to my grandmother, at about age 10 or 11, Uncle Mike decided he hated the name Harvey and would only answer to whatever name he had picked for himself each day. My grandmother, being the practical woman she was, quickly tired of this and told him she would call him whatever he wanted, but insisted he pick one name and stick to it. He decided he wanted to be called Mike and that's what I knew him as my entire life.

Uncle Mike's hero was John Wayne. Uncle Mike graduated from high school in June and joined the Army in December 1960. I was just a month old. My first exposure to him was when he returned home from the Army in December 1963, just after I turned 3.

By this time, the family had returned to Southern California, in Thousand Oaks. My father was a long-haul trucker who was on the road most of the time. My mom, brother and I lived with our grandparents (my father's parents).

I don't remember much about this time. I have a vague recollection of seeing him in his uniform once. I have a much clearer recollection of an incident

that occurred shortly after he returned home.

The entire family went camping in the Mojave Desert. We slept outside under the stars. My mom, brother and I slept in the bed of a pickup. Uncle Mike slept on a cot. In the middle of the night, we all awoke to gunfire as he was shooting frantically into the air. Apparently one of the many local bats had flown too close and startled him. Forgetting where he was, he immediately pulled out the pistol he always slept with under his pillow and opened fire on the offending bat.

See **COUCH Page 18**

DGMC schedules three TRICARE briefings

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

The 60th Medical Group at David Grant USAF Medical Center at Travis Air Force Base, California, is scheduled to host a series of TRICARE benefits briefings before the Thanksgiving holiday to inform TRICARE beneficiaries ages 65 and older of their benefits.

Retired military members and TRICARE beneficiaries 65 and older represent 28% of the medical center's 65,000 patients, nearly one-third of the patient population for the Air Force's largest medical facility.

"We want people to know their benefits, so they're aware and can make educated decisions about their health care," said John Dickens Jr., 60th MDG beneficiary counseling and assistance coordinator.

Briefings are scheduled to take place in the DGMC auditorium from 10 a.m. to noon Nov. 19 and Nov. 25. A briefing is also scheduled from 1 to 3 p.m. for Nov. 22 in the DGMC auditorium located on the first floor of the hospital across from the cafeteria. The medical group is also planning to stream one of the presentations via its Facebook page.

"Knowing how complicated the health care system is, it is important that our beneficiary population understands what their options are," said Carol Salek, 60th MDG health care integrator. "Not knowing your health care coverage and options can delay the care you need.

"As a result, TRICARE beneficiaries may end up purchasing additional health care coverage in the private sector, which could complicate things further."

TRICARE for Life, which is Medicare-wraparound coverage and



U.S. Air Force file photo

The entrance to David Grant USAF Medical Center is seen in 2011.

available to TRICARE beneficiaries regardless of age or where they live if they have Medicare Part A and Medicare Part B, is managed by the Department of Defense. The program provides comprehensive health care coverage, including the TRICARE Pharmacy Program. Medicare is managed by the Centers for Medicare and Medicaid Services. The two agencies work together to

coordinate benefits.

"Retired military beneficiaries and their spouses are required to sign up for Medicare upon turning 65," Dickens said. "Failure to do so may affect your ability to receive care. With TFL along with Medicare Part B, you have the option to use off-base medical facilities as well."

If beneficiaries wish to continue their

care at a military treatment facility or clinic at which they're currently receiving care, they can elect to enroll in TRICARE Plus by visiting their benefits counselor, Dickens said.

For more information about the TRICARE briefings or for details about beneficiary benefits, call the DGMC Benefits Office at 707-423-7921 or 707-423-3472.

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

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

Senior Airman Salina Boodosingh, Band of the Golden West's Mobility Rock Band vocalist from Travis Air Force Base, California, sings Nov. 11 during the halftime show at Levi's Stadium in Santa Clara, California.

U.S. Air Force photo/Nicholas Pilch



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

WARRIOR OF THE WEEK

Name: Airman 1st Class Will Stokes.	Duty title: Knowledge management technician.	Family: Mom, dad, five sisters and one brother.	What are your hobbies? Listening to Nicki Minaj and working out.
Unit: 60th Communications Squadron.	Hometown: Moreno Valley, California.	What are your goals? Complete college and/or retire from the Air Force.	What is your greatest achievement? Joining the Air Force.
Time in service: Two years.			

Travis C-17 soars over Fairfield's Veterans Day parade



U.S. Air Force photo/Louis Briscese

A C-17 Globemaster III flown by members from the 21st Airlift Squadron, Travis Air Force Base, California, flies over the Veterans Day Parade Nov. 11 in Fairfield, California. The theme of this year's parade was "Celebrating the American Legion's 100th Anniversary." More than 5,000 spectators attended the event.

Success follows Fort Sill joint training exercise

Airman 1st Class Ariel Owings
JOINT BASE MCGUIRE-DIX-LAKEHURST
PUBLIC AFFAIRS

FORT SILL, Okla. — Airmen with the 6th Airlift Squadron assigned to Joint Base McGuire-Dix-Lakehurst, New Jersey, and Soldiers with the 3rd Battalion, 2nd Air Defense Artillery Regiment assigned to Fort Sill, Oklahoma, conducted an air-ground joint training exercise on Fort Sill, Nov. 5.

The goal of the joint exercise was to familiarize new Soldiers in 3-2 ADA BN with their first hands-on experience of what they have been training for. It also supports the missions of Rapid Global Mobility and providing fires to

protect the force and selected geopolitical assets from aerial attack, missile attack and surveillance. With knowledge and skill in understanding how to successfully work together, the training prepares sister services to defeat the full range of threats across the spectrum of operations.

"The point of this joint training is to learn how to work together within different branches," said Staff Sgt. Michael Dunlap, 6th AS evaluator/loadmaster. "When shit hits the fan we can go do what we have trained to do as a team as opposed to scrambling and not knowing what to look for from the ground and vice versa."

After months of planning, the teams successfully

loaded a Fort Sill M902 Patriot Missile Launcher pulled by a HEMTT M983A4 Light Equipment Transporter into a Joint Base MDL C-17 Globemaster III. Airlifting the M902 provides the Army global capability to deliver equipment to the right place in a faster and smarter fashion.

"We set it up like it's a hostile environment which enables us to see how the different commands are able to work together between air and ground operations," said Dunlap. "The Army gets to learn how to load and unload onto an aircraft whereas [the Air Force] gets to learn how to operate in their tactical environment. We train like we fight."

After loading up the C-17,

the Soldiers grabbed a seat and prepared for their first low-level flight exercise experience. Low-level flights are used to minimize exposure to threats that can be encountered in a combat environment. Incorporating this with an inter-service missile loading builds a more lethal and ready force against threats across the world.

"Exercises like this are beneficial to merge the Army's needs and the Air Forces capabilities," said 1st Lt. Mary Clare Curtin, 6th AS pilot. "This kind of training allows us both to identify and correct potential weaknesses and communication issues in a low-level environment before executing operationally."

See **RISKS** Page 26

Goldfein outlines risks of budget quandary

Charles Pope
SECRETARY OF THE AIR FORCE
PUBLIC AFFAIRS

WASHINGTON — Air Force Chief of Staff Gen. David L. Goldfein warned Nov. 6 that budget uncertainties could affect dozens of programs ranging from F-35 Lighting II upgrades to those addressing the pilot shortage, while also complicating longer-range efforts to reshape the force to meet future threats.

"It's truly damaging for all the services and certainly the United States Air Force," Goldfein told an audience of industry officials, congressional staffers, media and others during the event on Capitol Hill sponsored by the Air Force Association.

Funding for the entire U.S. government expires Nov. 22 at 12:01 a.m. unless Congress acts. While progress on forging a budget agreement has been slow, congressional aides say there is movement toward approving a short-term spending plan that keeps the government running into December.

That short-term budget, called a continuing resolution, or CR, would provide time for Congress to complete work on a traditional budget for the fiscal year and adjust spending to address new priorities and needs. If that outcome is not possible, Congress is expected to adopt another CR that would likely stretch for either six months or through Sept. 30, 2020, when the fiscal year ends.

Using CRs is not optimal, Goldfein said, since any of those would likely continue funding levels from the previous year without updating the spending

821st CRSS does 'Murph' to honor deceased Navy officer



U.S. Air Force photo/Tech. Sgt. David W. Carbajal

Staff Sgt. Jared Fernandez, 821st Contingency Response Support Squadron intel flight, attempts to complete a pull-up Nov. 8 during the "Murph" workout at Hangar 844 at Travis Air Force Base, California. Fernandez and other members of the 821st Contingency Response Group participated in the workout to honor Navy Lt. Michael Murphy, who died June 2005 in Afghanistan. The workout includes a 1-mile run, 100 pull-ups, 200 push-ups, 300 squats and another 1-mile run.

Weapons instructors educating best to teach rest

Airman 1st Class Aaron Irvin
19TH AIRLIFT WING PUBLIC AFFAIRS

LITTLE ROCK AIR FORCE BASE, Ark. — Just another day, as a 29th Weapons Squadron instructor walks out to board a C-130 Hercules — mountains painting the background in a picturesque canvas as the sun slowly peeks over, clipboard and pen in hand as he prepares to do what he loves most, build the next generation of C-130 Hercules tactical experts.

U.S. Air Force Maj. Mark Wilson, 29th WPS assistant of operations at Little Rock Air Force Base, Arkansas, started his career with the initial qualification to become C-130 pilot at LRAFB, before earning the title of instructor pilot three years later — a prerequisite to the C-130 Weapons Instructor Course which invites the pilots who have what it takes to become the best of the best.

"I had several mentors who were weapons officers, and I realized I wanted to be like them," Wilson said. "I wanted

to be the expert in the C-130 Hercules community."

In 2016, Wilson graduated from the WIC and became a weapons officer before returning to Dyess AFB to share his knowledge with his squadron.

"When I arrived to the 29th WPS, I realized it was about more than making me better — it was about taking that knowledge and giving back to the C-130 community to strengthen the entire C-130 enterprise," Wilson said.

On May 19, Wilson was selected to

return to the schoolhouse at Little Rock AFB as the assistant of operations.

"Wilson has a lot of experience understanding the big picture of what's going on and he is able to convey that and inject it into the training scenarios," said U.S. Air Force Capt. Mike Smith, 29th WPS weapons undergraduate. "He is very passionate about teaching and is always willing to share his wealth of knowledge to make us, as C-130 professionals, better."

Instructors conduct a six-month

See **INSTRUCTORS** Page 22

AETC strives to forge new mindset

Dan Hawkins

AIR EDUCATION AND TRAINING
COMMAND PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — As part of the process to scale force development across the enterprise, Air Education and Training Command's occupational competencies branch is working to forge a new training mindset by assisting career field managers with the development of occupational competency learning models for the Air Force's 266 career fields.

The effort falls under the "Advance Force Development" priority area in the latest Headquarters AETC mission, performance and job progression objectives, as well as guide potential promotion and developmental opportunities."

"Our goal has been to create a scalable, repeatable model that can be used to develop Airmen across their entire career, not just within the formal training environment or

professional military education," said Lt. Col. Jamie Wiley, AETC occupational competencies branch chief.

Competency models can help a career field across the force development and talent management spectrum through recruiting and selecting individuals who possess the attributes needed to succeed in the career field, Wiley said.

"The models assist with training and developing individuals so the learner experience is more effective and the rate of decay for perishable knowledge and skills is reduced," Wiley said.

"They also help assess performance and job progression objectively, as well as guide potential promotion and developmental opportunities."

Another benefit of occupational modeling is it aids

See AETC Page 22



Courtesy photo

Arnold Engineering Development Complex crew members lower the NASA/Army Tiltrotor Test Rig into the 40-by 80-foot wind tunnel in the AEDC National Full-Scale Aerodynamics Complex at Moffett Field in Mountain View, California. The rig was developed to study advanced tiltrotors and develop databases for design-code validation.

Wind tunnels run at peak

Bradley Hicks

ARNOLD ENGINEERING AND DEVELOPMENT
CENTER PUBLIC AFFAIRS

ARNOLD AIR FORCE BASE, Tenn. — They are considered indispensable.

Those at the National Full-Scale Aerodynamics Complex at Moffett Field in Mountain View, California, who observe their contributions every day agree the craftsmen employed there are not only integral to the work at NFAC but play a vital role to the Arnold Engineering Development Complex mission as a whole.

"They are essential," said Jeff Johnson, NFAC branch manager. "We couldn't perform this mission without them."

The craft crews at NFAC are not only responsible for performing all the maintenance around the facility, they are

also charged with the installation of test articles in each of the two large wind tunnels at NFAC and the operation of the tunnels themselves.

There are currently 16 craftsmen employed at NFAC. They are broken up into three different groups — mechanics, electricians and instrumentation technicians. Within the mechanics is a subgroup of employees who possess aircraft maintenance experience and certification, which allows these aircraft mechanics to work more extensively on engines, rotorcraft and aircraft models that are tested in the NFAC wind tunnels.

NFAC is home to the two largest wind tunnels in the world — a 40-by 80-foot wind tunnel circuit and the 80-by 120-foot test section. The

facility is used to conduct aerodynamic testing on a wide range of full and large-scale test articles, including airplanes, helicopters, tiltrotors, tractor trailers, parachutes, planetary decelerators, wind turbines and more.

"Because of the uniqueness of our facility, every test is different, so it requires our team to be flexible and creative in how we get these test articles installed and set up," Johnson said. "There's always something unique and challenging associated with the type of test work that we do here at the NFAC, so our craft crew has to be pretty creative, and they do a really good job of that. They excel at thinking outside the box and coming up with clever ideas to get test articles installed and get the facility operational."

The craftsmen at NFAC handle the installation and setup of test articles. Because large items are tested in the facility, crew members must often utilize the large overhead cranes to install the articles in the test sections. Johnson said members of the craft crew are certified riggers and crane operators.

Once a test model has been installed in a wind tunnel, the craftsmen complete the installation and hookup of electrical

See TUNNELS Page 23



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GRAND OPENING



Defense, industry partners plan for future

Tech. Sgt. Charles Rivezzo
U.S. AIR FORCE ACADEMY PUBLIC AFFAIRS

U.S. AIR FORCE ACADEMY, Colo. — The U.S. military finds itself at a flashpoint, shifting from a period focused overwhelmingly on violent extremism to state competition.

It won't be tanks, planes and ships that are the central differentiator in tomorrow's conflicts, but the disruption of the ability of the U.S. to link and choreograph those elements together — a concept the Air Force is intently focused on.

"In my opinion, multidomain command and control is the most critical element of achieving future victory through multidomain operations," said Air Force Chief of Staff Gen. David L. Goldfein.

Goldfein explained this priority in a 2017 letter, adding that "the evolution in our command-and-control capabilities requires new thinking, new training and perhaps new technologies or new ways to use older technology."

This led to the implementation of Agile Combat Employment, a concept intended to ensure forward-deployed forces are ready for contingencies with little notice.

"The National Defense Strategy dictates that we 'develop a lethal, agile and resilient force posture and employment,'" said Brig. Gen. Chad Raduege, Air Combat Command chief information officer.

Raduege's focus is specifically on the Air Force's ability to apply the ACE construct to C2 and communications capabilities.

"For several decades, our forces have deployed forward



Courtesy photo

Staff Sgt. Titus Poulouse, 263rd Combat Communications Squadron, operates communications equipment inside a special cold-weather tent while deployed in support of Operation Deep Freeze Dec. 6, 2018, at McMurdo Station, Antarctica.

to what amounts to a fixed-base environment," he said. "Today, the growing need to operate from austere locations, as well as posture to maintain flexibility in the face of contingencies, forces us to take a hard look at our deployable communications capabilities."

That "hard look" came in the form of a think tank-style workshop at CyberWorx, an organization partnering Airmen, industry and academia to reimagine how technology might

enrich and protect national interests.

Experts from across the Air Force and the Department of Defense's joint community, as well as industry partners, came to CyberWorx to analyze a single, yet complicated problem-set: How do we operate in contested environments ensuring a steady-state of tactical C2 support?

Planning for the future

Under the ACE paradigm, speed, adaptability and resilience are foundational when operating in contested and austere environments, which is why the workshop included special operation forces. They've operated under these constraints for decades as a baseline model for conventional forces.

"I envision a future where the warfighter is able to access necessary mission data from any device, over any network, at any location regardless of

classification," Raduege said.

Col. Bill Waynick, CyberWorx director, led the initiative to analyze and address the challenges to meet the ACE requirements within the Air Force's tactical communications sphere.

Advances in technology make tactical communications equipment user friendly and provide more options for use in permissive, semipermissive and nonpermissive environments, Waynick said.

"What we need is adaptable and resilient equipment to meet the needs of the mission whether it be a large air base, (intelligence, surveillance and reconnaissance), launch and recovery element, logistics node or (liaison officer) at an embassy," he said.

Waynick was candid in his assessment of the DoD's current state of communications and C2 infrastructure.

"There have been advances in technology such as satellites,

satellite terminals, more virtual form-factor computing, cloud computing, next-generation transmission, such as Li-Fi, laser and Wi-Fi or cellular," Waynick said. "We have the opportunities to provide resilient and robust communications for C2 and any other mission the Air Force needs. We need to acquire and utilize these forms of technology in a less rigid and flexible manner."

Waynick said the findings of the workshop will be used to try and gain top-level Air Force support needed to meet the tactical communications requirements for ACE and as an input for planning choice for future funding.

"It will make us more adaptable and resilient to meet the variety of current and emerging threats," he said. "We can't be a one-size-fits-all-type force. We will need to approach tactical communications like a Swiss Army knife going forward."

Goldfein visits Luke AFB to meet with Airmen

Airman Brooke Moeder
56TH FIGHTER WING PUBLIC AFFAIRS

LUKE AIR FORCE BASE, Ariz. — Air Force Chief of Staff Gen. David L. Goldfein, accompanied by his wife, Dawn, visited Luke Air Force Base Nov. 8 to engage with key leaders and address 56th Fighter Wing Airmen about the current state and future of the Air Force.

As the home for the F-16 Fighting Falcon and F-35A Lightning II initial training programs, Luke AFB's mission is to train the world's greatest fighter pilots and combat-ready Airmen.

During his visit, Goldfein toured 56th FW's premier fighter squadrons, met with Airmen and international pilots and learned about how Luke AFB is contributing to the Air Force's overall mission.

"The work that you're doing here at Luke, training, raising and building the future, is as important as anything else we're doing in our Air Force," Goldfein said.

Goldfein attended a luncheon with squadron commanders while they discussed topics such as the decision authority given to the squadron commanders and the resources provided that enable them to complete the mission.

He reiterated his focus area of squadrons as the premier fighting formation as well as the importance of squadron cultures and how they contribute to the success of the Air Force's mission.

"For the past three-and-a-half years, we have been relentlessly focused on squadrons as the heartbeat of our Air Force," Goldfein said. "It's the level of command where you have the most impact on the mission and the people. We succeed or fail as an Air Force at squadron command level."

After the luncheon, Goldfein conducted an Airmen all call and spoke about topics such as multi-domain operations and strengthening joint leaders and teams.

There are four things that make a successful officer, Goldfein said. The Air Force values how an officer accomplishes



U.S. Air Force photo/Senior Airman Alexander Cook

Air Force Chief of Staff Gen. David L. Goldfein, left, meets Maj. Andrew Olson, F-35 Lightning II Demonstration Team pilot commander, after the team's final practice Nov. 8 at Luke Air Force Base, Arizona. Goldfein, accompanied by his wife, Dawn Goldfein, visited Luke AFB to engage with key leaders and address 56th Fighter Wing Airmen about the current state and future of the Air Force.

the mission they've been given, how well they lead the Airmen instructed to their care, how well they manage the resources required to do the mission and how well they have improved their unit in the rating period. This is all wrapped in impeccable character.

"We are the service that's responsible for the most destructive weaponry on the planet," Goldfein said. "It's OK for the American people to expect us to be men and women of impeccable character. It is the foundation of the officer corps that our nation requires and deserves."

Goldfein encouraged Airmen to continue personal and professional development and concluded his speech by thanking them for their service.

"There is a reason our families aren't worried about being attacked," Goldfein said. "That's because of us, you and

me, because you stood up and raised your right hand and agreed to serve when your nation needs you most. You should never take for granted the importance of your service. I'm here to stand, as your chief, to say thank you for what you do every day."

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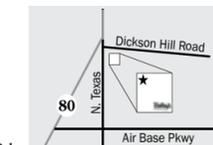
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Retiring chiefs leave wisdom for mil-to-mil couples

Senior Airman Elizabeth Baker
86TH AIRLIFT WING PUBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany — Two soon-to-be-retired chief master sergeants sat next to each other on interview chairs, teasing each other and laughing as they spoke. They both give an impression of being easygoing, yet enthusiastic.

“We’ve been married 14 years,” the woman said.

“And we’ve never had a fight,” the man responded.

They both burst out laughing.

After a combined 52 years of service, this couple of chief master sergeants retired Oct. 25 from the U.S. Air Force. Their 14 years as military-to-military spouses were full of challenges, victories and lessons to pass on.

Retired Chief Master Sgt. Robinson Joseph, a New Jersey native, is the former U.S. Air Forces in Europe-Air Forces Africa chief enlisted manager for the Air Force Installation Contracting Center, and his wife, retired Chief Master Sgt. Leenette Joseph, from Puerto Rico, is the former USAFE Equal Opportunity functional manager.

The Josephs have spent the past 14 years side by side. They met when Leenette was a new staff sergeant and Robinson was a technical sergeant. Looking through their life together, it is a story of two Airmen carrying each other through a combined 21 assignments and eight deployments. Robinson played the role of “big-picture thinker” in their careers, and Leenette humanized their service.

After closing their Air Force careers together, the Josephs wanted to leave advice for other military-to-military couples.

“I know some couples get competitive,” Robinson said. “There’s no competition with your spouse. If my wife outranks me, cool. If I outrank my wife, cool. We still have that same name tape on the right. We pushed each other along and enjoyed each other’s success.”



Courtesy photo

Retired Chief Master Sgt. Leenette Joseph, left, former U.S. Air Forces in Europe-Air Forces Equal Opportunity functional manager, and her husband, retired Chief Master Sgt. Robinson Joseph, former USAFE Africa chief enlisted manager for the Air Force Installation Contracting Center, retired together Oct. 25 at Ramstein Air Base, Germany.

Some military couples seemed as though one spouse always has the spotlight, while the other feels a career sacrifice is needed for the other to do well.

“We discovered early in our careers that neither of us had to sacrifice,” Leenette said.

The couple never got promoted the same year, no matter how hard they studied. Yet, their favorite memories of serving together were celebrating each other’s accomplishments.

“My proudest moment of him was when he made chief,” Leenette said. “He worked so hard. He was taking care of people and just seeing his face when he made chief was priceless.”

Robinson reciprocated the sentiment.

“My proudest moment was when she was a (professional military education) instructor, and she won instructor of the year,” Robinson said. “I always had faith that she could do it.”

When there were disappointments, such as not making the promotions they worked so hard for, being there to console and encourage each other carried them through, Robinson said.

Though Robinson and Leenette go to such lengths for each other, their families and their careers, the biggest thing Leenette would pass on to other military couples is it’s impossible to be perfect.

“I wanted to wake up early in the morning and be the perfect wife, the perfect mom and the perfect Airman,” Leenette said. “For the longest time, I tried to do all three and I failed. I wasn’t taking care of myself, and I wasn’t good with anything because I was trying to be perfect at everything. You’re never going to be perfect at all three things at the same time. I say do the best you can with the resources you have and things will work themselves out. Just take care of yourself.”

Robinson said there’s no way a chief can lead alone.

They said there were times when each of them would shine, and the other would be in a supportive role.

“You gotta have support,” Robinson said. “I get a chance

to go home and hash out ideas with another chief. When I bring it back to the unit, the ideas are that much better.”

There were certainly hard times in their years together, with deployments being the biggest challenge.

“There have been many times when we felt like single parents because one of us was gone,” Leenette said. “I think the most challenging time was when both of us got deployed at the same time.”

At the Josephs’ retirement ceremony, there was a scramble to add chairs because so many people showed up. Leenette and Robinson received awards for their service and reminisced over their careers and lives together.

Robinson told the story of how he proposed to Leenette with an onion ring at a fast-food restaurant. He said he wanted to propose again, properly this time and surprised her by doing just that. He got down on one knee and gave her a ring. They then renewed their vows, tears in their eyes.

Ready to let the next bright minds take their place, Robinson and Leenette are looking forward to spending more time with family – without name tapes, boots and no rush.

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Medical tools, supplies 3-D printed in deployment

Sarah Marshall

UNIFORMED SERVICES UNIVERSITY OF THE HEALTH SCIENCES MEDIA AFFAIRS OFFICER

The ability to 3-D print a variety of health care-related products in deployed locations would greatly benefit the nation's warfighters.

A recent pilot program conducted by the Uniformed Services University of the Health Sciences in collaboration with the U.S. Military Academy at West Point has shown that a 3-D printer capable of biofabrication could expedite repair or perhaps replace damaged tissues for troops injured on the battlefield. This advancement could potentially change the way care deployed warfighters receive care.

The pilot program, called Fabrication in Austere Environments, or Fab AE, was developed by USU's 4-Dimensional Bioprinting, Biofabrication, and Biomufacturing Program, aka 4D Bio3. 4D Bio3 is a federally funded program to develop new technologies to support medical treatment and training solutions for warfighters.

The Fab AE initiative is a collaborative effort between USU, West Point and The Geneva Foundation, along with NScript and Techshot, and sought to demonstrate whether



Uniformed Services University of the Health Sciences photo

Army Lt. Col. Jason Barnhill, a faculty member of West Point and Uniformed Services University of the Health Sciences Department of Radiology, works with the 3-D printer during a deployment.

3-D printers could be forward deployed to desert environments to fabricate medical products in austere settings where resources may be limited.

The 3-D printer was sent to an undisclosed desert location with basic supplies and human mesenchymal stem/stromal cells, the only cells that allow for same-day bioprinting.

On site, Army Lt. Col. Jason Barnhill, a faculty member of West Point and USU's Department of Radiology, led the project. Under his direction, the 3-D printer successfully fabricated a number of products, including a scalpel capable of immediate use, as well as a hemostat,

a surgical tool used to control bleeding during surgery and capable of gripping objects while locking them into place to hold tissue or other medical implements.

The tools were made of material that could be sterilized on site, reducing the chance of infection during practical use.

Barnhill also was able to develop bioactive bandages by printing a hydrogel layer of antibiotics over a structural layer, all within just five minutes. The bandages were designed to slowly release antibiotics into the wound, prolonging the suppression of bacteria for several days. The bacterial suppression and

actual bandage design could also be tailored, using CT data, to alter the amount antibiotic concentration as needed.

Additionally, the 3-D printer fabricated a surgical model of a T9 vertebrae, one of the lower thoracic spinal vertebrae that provides structural support for the spinal cord. Fractures of the lower thoracic spine may result in paraplegia and/or loss of bowel/bladder control. The image for this surgical model was obtained from medical scans and while it could not be implanted in a patient, it would be invaluable to on-site surgeons, helping them to visualize musculoskeletal injuries and determine the best course of surgical intervention.

The 3-D bioprinter also was able to produce a meniscus, cartilage in the knee that acts as a shock absorber. The image used to print the meniscus was sent as an electronic file from a state-side facility to the remote environment and printed on location – the first demonstration of cyber manufacturing where complex designs were transmitted and produced in a remote location.

In parallel to this initiative, a 3-D printer had previously been sent to the International Space Station, where astronauts are currently running similar 3-D printing experiments. The hope

is to send the printer aboard one of the Navy's hospital ships, the USNS Mercy.

"We believe this program has the potential to reduce logistical challenges and costs for transporting medical supplies to austere environments, which could also be applied to our special operations forces in remote locations," said Dr. Vincent Ho, director of USU's 4D Bio3, principal investigator for the FAB AE initiative, and chair of USU's Department of Radiology. "Instead of carrying tons of supplies, they could just print them using a, hopefully, more portable, light-weight version in the future that could fit in their pack."

3-D printing provides the ability to produce tailored health care solutions that meet the specific needs of the war fighter deployed to austere locations, Ho said.

"The ability to build health-related products in near real time when and where needed enhances operational flexibility for our commanders in the field," Ho said. "As we continue to meet the needs of our nation's warfighters, this pilot project is also the first step in manufacturing health care products on-site to help identify and treat battlefield injuries and medical conditions."

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Band performs for NFL

Mobility takes stage at halftime of Monday Night Football game

U.S. Air Force photos by Nicholas Pilch

1) U.S. Air Force Band of the Golden West's Mobility Rock Band from Travis Air Force Base, California, waits on the sideline as a play is reviewed during Monday Night Football Nov. 11 at Levi's Stadium in Santa Clara, California. The band performed during halftime to support the San Francisco 49ers' "Salute to Service" for Veterans Day on Monday Night Football. 2) Airman 1st Class Kayla Highsmith, Mobility vocalist, sings while members of the band play during the halftime show Nov. 11 at Levi's Stadium. 3) Mobility dances with Sourdough Sam of the San Francisco 49ers during the pregame show Nov. 11 at Levi's Stadium. 4) Senior Airman Salina Boodoosingh, Mobility vocalist, waits in the entryway to the field before Monday Night Football at Levi's Stadium.



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Puzzles

STR8TS

No. 464 Medium

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

Previous solution - Tough

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

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. 464 Medium

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

Previous solution - Easy

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

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

TRICARE copayments on prescription drugs going up

FALLS CHURCH, Va. — On Jan. 1, some copayments for prescription drugs will increase for the military retiree family. Beneficiaries who get prescriptions through the TRICARE

Pharmacy Home Delivery or at a retail network pharmacy will pay anywhere from \$2 to \$7 more starting Jan. 1.

For questions and more information, visit Pharmacy on the TRICARE website.

— TRICARE

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 to 8 p.m. every second and third Tuesday of the month at First Street Chapel Annex, vice 8 to 9 a.m. first Saturday of the month.
- Moms Group. Jesus Cares ministry, EFMP children's ministry, 4:30 to 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 to 9 p.m. Monday through Friday at Bldg. 1348. Home-cooked meal from 6:30 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 AFOSI Detachment 303, 510 Airlift CR, Travis AFB, 94535. For more information, call 707-424-3115 or DSN: 837-3115.

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

Air Force Sergeants Association "Walter E. Scott" Chapter 1320. General membership meetings are at 2 p.m. on the second Friday of each month at Wingman's in the Delta Breeze Club and include a free breakfast. For more information, contact Master Sgt. Reynoldo Rios or Master Sgt. Rosel Agapay.

Airmen's Attic. The Airmen's Attic is open from 10 a.m. to 2 p.m. Tuesday and Thursday and 4 to 6 p.m. Wednesday. 560 Hickam Ave. For more information, call 707-424-8740 or visit the Facebook page "The Attic at Travis AFB."

Alzheimer's Caregiver Support Group

Meetings take place from 1 to 2:30 p.m. the third Thursday of the month in the diabetic education classroom on the first floor in Internal Medicine at David Grant USAF Medical Center. For more information, call 707-423-7227.

Base emergency numbers. Mobile phone users must dial 707-424-4911 if they have an emergency on base. Those using government or home phones can call 911. For more information, call the Travis Air Force Base Fire Prevention Office at 707-424-3683.

Base illicit discharge number. To report sewage/water leaks or illegal dumping, call 707-424-2575. For hazardous chemical/material spills, call the base emergency numbers.

Civilian Health Promotion Services. Will perform free wellness screenings from 7:30 to 9:30 a.m. every Monday for all DoD federal civilians. Screenings include cholesterol, glucose, blood pressure and body composition analysis. For more information, visit www.AFMCwellness.com or contact CHPS at 707-424-CHPS or CHPSTravis@fth.hhs.gov.

Combat Arms Firing Range. Bldg. 1370, located 200 yards northeast of perimeter road in the northeast corner of Travis is off limits to all personnel. Trespassing is not only illegal, but extremely dangerous due to live weapons firing. Anyone requiring entry into the area or needing further information should contact the base Combat Arms Section at 707-424-2122 or visit at 700 Vandenburg Drive, Bldg 1219 Travis AFB, CA 94535.

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 travspocombatptsd@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 court seal, if it involved a name change submit a court order or marriage certificate. Passport application cannot be handwritten and printed back to back and must be completed online with 2D barcode at website <https://pptform.state.gov> and/or <https://travel.state.gov>. For more information, call 707-424-5324.

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

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

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

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

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

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

Photocopying of military identification.

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

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

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

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

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

Travis Composite Squadron 22 Civil Air Patrol. Open to youth from 12 to 18, as well as adults ages 18 or older who train and serve as the volunteer component of the total force. UTA is 6:30 to 9 p.m. Monday, Bldg. 241-B-2. Open to all students with a 2.0 or higher grade-point average. For more information, contact CAP 1st Lt. Jo Nash at 707-424-3996 or recruiting@squadron22-cap.us, visit during a UTA or check out <http://squadron22-cap.us>.

Travis Air Force Base Heritage Center. Open 10 a.m. to 5 p.m. Tuesday through Saturday, Bldg. 80, 461 Burgan Blvd., Travis Air Force Base. Escorts required for general public, call center to arrange. Free. 707-424-5598, www.travisheritagecenter.org.

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



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

Today
• 6:30 p.m. "The Addams Family" (PG)
• 9 p.m. "Ad Astra" (PG-13)
Saturday
• 2 p.m. "Maleficent: Mistress of Evil" (PG)
• 6:30 p.m. "Gemini Man" (PG-13)
• 9 p.m. "Joker" (R)
Sunday
• 2 p.m. "Abominable" (PG)

News Notes

Job opening. The 349th Air Mobility Wing is accepting applications for the flight chief position of the development and training flight. Ideal candidates will be in the rank of technical sergeant or master sergeant (staff sergeants may apply, and will be considered, on a case-by-case basis). Applicants should exceed Air Force standards for dress, appearance and fitness. This position will be a RPA tour with a six-month probation period, with a two-year minimum commitment. Applications must be submitted by Dec. 5. To get an application or for more information, contact Tech. Sgt. Danielle Eaton at danielle.eaton.1@us.af.mil or call 707-424-0986.

walk-ins from 2 to 3 p.m. Tuesday. For all wills and retiree legal assistance, call 707-424-3251 to make an appointment.

Voluntary Leave Transfer Program. The following Travis employees are approved as leave recipients through the Voluntary Leave Transfer Program:

- Rebecca Austria, 60th Maintenance Squadron.
- John Butler, Special Tactics Training Squadron.
- Neftaly Clark, 1st Special Operations Force Support Squadron.
- Bradley Griffith, 60th Maintenance Squadron.
- Rabiye Hamilton, Travis AFB Commissary.
- Patrick Hodge USTRANSCOM, Scott AFB.
- Mark Holmes, 10th Contracting Squadron.
- Dina Patterson-Steward, 60th Aerial Port Squadron.
- Jason Perkins, Grand Forks AFB.
- Gina Silva, Air Force Academy headquarters.
- Maria Thammasan, 60th Force Support Squadron.
- Dennis Weaver, Air Force Manpower Agency.

The VLTP allows an employee who has a medical emergency or is affected by a medical emergency of a family member and is without availability of paid leave to receive transferred annual leave directly from other employees. For more information, call 707-424-1720.

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

Film Club. "Neither Wolf nor Dog," 7:30 p.m. Nov. 21, Empress Theatre, 330 Virginia St., Vallejo. 707-552-2400.

"Messiah" concert. 7:30 p.m. Dec. 1, St. Mary's Catholic Church, 350 Stinson Ave., Yacaville. Free. 707-816-6591.

"Sounds of Suspense." Radio broadcast, noon fourth Friday of each month, Vacaville Public Library-Town Square, 1 Town Square Place. Free. www.solanoilibrary.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. 707-925-978-6989.

Music and dance

City Sports Bar and Grill. Music begins at 9 p.m.: Strange Brew, Nov. 15; Aqua Nett, Nov. 16; Delta OG, Nov. 22; DJ Aaron, Nov. 23; 7155 Browns Valley Parkway, Vacaville. 707-455-7827, www.starsrecreation.com.

Downtown Theatre. Ultimate Elvis Tribute concert, 7 p.m. Nov. 30; 1035 Texas St., Fairfield. www.downtowntheatre.com.

Empress Theatre. A Musical Tribute to Gary James, 3 p.m. Nov. 17; Greg Rahn, 7:30 p.m. Nov. 20; Sun Kings perform The White Album, 8 p.m. Nov. 23; 330 Virginia St., Vallejo. 707-552-2400, www.empresstheatre.org.

First Street Cafe. Doug Houser, 7 p.m. Nov. 15; Open mic, 7 p.m. Nov. 16; Bryan Girard, 2 p.m. Nov. 17; Carmen Gonzalo, 2 p.m. Nov. 24; 440 First St., Benicia. 707-745-1400, www.firststreetcafe.com.

The Relik. Dynamite Dave, 8:30 p.m. Nov. 15; The Bell Brothers, 8:30 p.m. Nov. 16; Glenn Lowe, 6 p.m. Nov. 20; 5 O'clock Somewhere, 8:30 p.m. Nov. 22; Uncle Buck, 8:30 p.m. Nov. 23; 726 First St., Benicia. www.thereliktavern.com.

Solano Symphony. Holiday Celebration, 3 p.m. Dec. 8, Vacaville Performing Arts Theatre, 1010 Ulatis Drive. www.solanosymphony.org.

Solano Winds. Celebrating America's Heritage, 8 p.m. Dec. 6, Downtown Theatre, 1035 Texas St., Fairfield. www.solanowinds.org.

Vacaville Performing Arts Theatre. House of Floyd, 8 p.m. Nov. 23; 1010 Ulatis Drive. 707-469-4013, www.vpat.net.

Vallejo Jazz Society. Jennifer Lee, 5 p.m. Dec. 1, Empress Theatre, 330 Virginia St.,

THE FLIP SIDE

Vallejo. <https://vallejojazzsociety.net>.
Vallejo Symphony. "Iconclast," 8 p.m. Feb. 29, 2020, 3 p.m. March 1, 2020, Empress Theatre, 330 Virginia St., Vallejo. <https://vallejosymphony.org>.

Theater

"Clybourne Park." 10 a.m. Nov. 15, 2 p.m. Nov. 17, Solano Community College, 4000 Suisun Valley Road, Fairfield. <http://blogs.solano.edu/theater/index.php/tickets>.

"Frozen Jr." 8 p.m. Nov. 15-16, Nov. 22-23, 2 p.m. Nov. 16-17, Nov. 23-24, 6 p.m. Nov. 17, Nov. 24, Downtown Theatre, 1035 Texas St., Fairfield. www.downtowntheatre.com.

"Getting Out." 7:30 p.m. Nov. 15-16, Solano Community College, 4000 Suisun Valley Road, Fairfield. <http://blogs.solano.edu/theater/index.php/tickets>.

Art exhibits

Arata Fine Art Gallery. Barbara Fracchia, through Nov. 24; open 11 a.m. to 5 p.m. Thursday through Saturday, 1 to 5 p.m. Sunday, 637 First St., Benicia.

'Night Drop' tells parachuter's perspective

Harvey "Mike" Couch
SPECIAL TO 60TH AIR MOBILITY WING
PUBLIC AFFAIRS

Editor's note: This is a companion piece to the commentary by Randy Couch that begins on Page 2.

◆◆◆
There is no tension in the face of my fellow jumpers but I know it is there. No tension shows on my face either but I can feel it. This is a peculiar form of fear and easy to fight because I know all the time there is no rational reason for it.

Parachuting is a relatively safe way to make a living. The equipment is good, the Air Force is good, and looking around I know the jumpers are good. They are old troopers from the 1st Special Forces group on Okinawa. Most of them have been jumping for years.

So, rationally, there is no reason to be afraid. True, there is a slight risk of breaking a leg and sprains are common.

But the fear is still there building. Not a rational fear but man's oldest fear, fear of falling. So I can fight it and overcome it. But it will never go away completely. Not in a thousand jumps, not in a million, and certainly not in the paltry 26 that I have racked up since I left jump school.

I know for sure that the same feeling churns in the guts of everybody, two sticks of 18 jumpers each that line each side of the large C-130.

What is it that keeps me jumping? It's the fear. In an age when most emotion seems compounded of jello, when love is temporary and most lives are

empty of valid meaning, this fear and this risk is real. I have made myself do something and it is worthwhile. My life has meaning because I have dared to risk it for something that is worthwhile.

It's about an hour out now and Bob Starnes who sits beside me nudges me to get into my rig. Bob is a little man and I wonder how he got here, until he smiles. It is the hard smile of a little man who has pushed himself to the utmost, and beyond, to get those parachutist wings. The smile says, "I can do anything you can, buddy, and I may do it twice before you start." It's a friendly enough smile, just confident. That's Bob Starnes.

"Time to chute-up," he says. I reach down and open the heavy canvas kit bag and pull out the chute and the reserve. It takes about 10 minutes to get it on and to help Bob into his. Then the jumpmaster helps us rig our rucksack under the reserve and checks the drop line, 15 feet of nylon webbing to lower the rucksack to the ground first so it doesn't land on top of you.

My carbine is strapped under the waistband of my chute with the muzzle pointing down. The muzzle and bolt have been covered to prevent dirt from getting in. The chute and reserve weighs about 60 pounds. The rucksack weighs 55 more, the carbine six. That's 121 pounds in all.

It is time to sit down. I look down and wonder if there is really a man under all that equipment.

The jumpmaster keeps holding up his fingers, 20 minutes out, 10 minutes out. And there is nothing to do now but sit there and let the tension build.

It builds and builds until it is almost more than you can take. Only six minutes out now.

The crew chief opens the doors and the previously warm aircraft becomes suddenly cool, then chilly, then cold. The jumpmaster stands up in the rear of the aircraft. "Get ready!" he says. Ready? ... I can't wait to get out the door and end this tension. I have to jump now. It's the only thing that will relax me.

"Stand up!" I heave myself to my feet and look around. All the lights are out now except the red "no jump" light by the

door and in the tail of the aircraft. Looking out the door is like looking through a time machine or into a television set showing something a thousand miles away that has nothing to do with you.

"Hook up!" I take the snap link of my static line from the top of my reserve and hook it into the anchor line cable. It locks itself into the cable automatically and then for good measure I hook in a safety wire, still thinking about the outside.

"Check static lines." I run my hand down Bob Starnes' static line and the guy behind

me checks mine. No snags, no catches.

"Check equipment!" Nope. Everything is OK. "Sound off for equipment check!" From the back of the stick comes the count "18 OK!" "17 OK!" Working all the way to the front. Each count is accompanied by a slap on the rump of the man in front, just in case he can't hear over the roar of the engines or his thoughts, whichever are louder.

The jumpmaster moves into the door now and looks outside to pick up the DZ markings, No. 10 cans filled with burning

See NIGHT DROP Page 19

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Couch

From Page 2

As time went on, I got older and the Vietnam War grew into a major conflict. For the first time in history, we saw soldiers fighting and dying on our television screens every evening on the news. I slowly picked up pieces of Uncle Mike's story from my dad and grandfather.

I was told that Uncle Mike was a Green Beret. My grandmother told a story about when Uncle Mike was sent to Vietnam. Army officers came to my grandparents' house and notified them that their son was doing something highly classified and that if anything happened to him, the Army would deny all knowledge of him or his mission. They didn't know at the time that he was heading to Vietnam. They found that out after he returned. I also found out that he had been in combat in Vietnam and had returned home, all before the U.S. was supposed to have any combat troops there at all.

As I became a teenager, the war grew even bigger. I was now somewhat curious about my uncle's part in the war, but he didn't speak of it and no one else in the family would tell me, if they knew, any details regarding his service. To my brother and me, he was always the "cool" uncle who taught us how to ride dirt bikes and took us places.

I should mention that Uncle Mike was by no means the first family member to serve in the military nor the first to go to war. His father, my grandfather, Otis Buell Couch, joined the Marines during World War II and saw combat in Guam, Saipan, Tinian and eventually participated in the Battle of Okinawa.

Many years later, after I spent time in Okinawa, I described my experience there to my grandfather, Otis, the Marine. I described the beautiful green jungle, the crystal-clear waters and the fascinating coral reefs. He told me that, when he was there, most of the jungle had been blown away by naval fire and everything was just choked with mud. He choked up a bit as he described the last days of the battle there and how the Marines used

flamethrowers to clear the remaining enemy forces from the caves in the mountains high up on the island.

My grandfather on my mother's side, Harry Berton Thomas, joined the Navy during World War II and became a Navy SeaBee. He also saw heavy combat and ended up at the Battle of Okinawa. Both of these men survived the war and went on to lead long, productive lives.

The Vietnam War ended April 30, 1975. In 1978, my last year of high school, I took the Armed Services Vocational Aptitude Battery because it got me out of class for a while. I hadn't given any real thought to joining the military, but I soon found out I scored well and had recruiters from all services calling me. I considered joining the Army, like Uncle Mike, or the Marines, like Grandpa Otis.

Hearing this, my dad and Uncle Mike took me out to lunch one day and seriously discouraged me from joining either one. They insisted that, if I was serious about joining the military, I should join the Air Force or Navy. Their rationale was that, for the most part, these two services have the best facilities, the best food and, if nothing else, I would never have to sleep in the jungle or in a frozen, water-soaked foxhole. I took their advice and joined the Air Force in July 1978, when I was just 17 years old.

Over my 20-year Air Force career, I often spoke with Uncle Mike whenever I got back home. I found out a few more details about his service, but not much. What I did manage to learn just sparked more curiosity. I found out he served in the Army Security Agency and was attached to a Special Forces unit during his time in Vietnam. He said that they were originally sent to Vietnam as advisers and training instructors. He added that as soon as they were "in-country" they took off the white "adviser" bands they wore around their caps and many of them went into the jungle to, as he put it, "blow (expletive) up!"

Uncle Mike died from pancreatic cancer in 2013. I visited him about a year prior and asked him for more details



U.S. Air Force photo/Heide Couch

Historical documents and memorabilia belonging to Specialist 5th Class Harvey Couch are displayed Nov. 4 at Travis Air Force Base, California. Couch served in the 321st United States Army Security Agency as a Morse code operator, radio direction finder and communication monitor during the Vietnam Conflict from 1961-63.

regarding what he did in Vietnam. He told me it was classified top secret and that he signed a statement saying he would never speak of it. All he would tell me was that he spent a lot of time listening to radio communications.

Sensing that I wasn't quite satisfied with that, he did recall one story where he was monitoring such communications from a mobile radio truck in the middle of the night. He heard the latch to the door of the compartment being quietly tried and saw the latch wiggle a little. He said he was pretty sure no one was supposed to be there at that time so he fired a shot from his M-1 carbine rifle through the door of the compartment. He said he never knew what happened to whomever or whatever was at that door that night, but that his sergeant was upset the next day and threatened to charge him with destruction of government property.

This past summer I visited Aunt Kathy, Uncle Mike's wife, as she had told me she had some things to show me from his time in the Army. When I got there I was shocked; she had his separation papers, a citation, a story he wrote during Special Forces training at Fort Bragg, North Carolina, and most surprising, a journal

he kept during his training at Fort Devens, Massachusetts, and Fort Bragg. He kept this journal through his first six days in Korea, until his first day arriving at Camp Red Cloud. This journal provides insight into Uncle Mike's motivation to join the Army as well as his decision to volunteer for duty with the ASA. It details his cramped and tedious journey from San Francisco to Korea, via Yokohama, on the USS Breckinridge. From this journal I learned that he was counting the days he had remaining in the Army. From the story he wrote, I learned that it was his desire to live a life with meaning that kept him going and probably led him to the ASA.

The ASA was created Sept. 15, 1945. It grew out of the Army Signal Corps which, in turn, grew from various Army signal intelligence gathering agencies all the way back to World War I. The ASA reported both to the Armed Forces Security Agency and the National Security Agency, which had been formed by President Franklin D. Roosevelt, in 1952.

ASA operators were trained at Fort Devens. Their work was classified top secret. To this end, their personnel deployed to Vietnam under the cover name of Radio Research Units. Their actual classified

designation was Special Operations Detachment. During the Vietnam War, they were trained into three different military occupational specialty codes.

One was the Morse code operators, often referred to as "Ditty Boppers." They sent and received coded messages. Next were the radio direction finders and communication monitors. They used a variety of in-place and mobile radio direction finding equipment to triangulate and find enemy forces in an otherwise impenetrable jungle. Later during the war this equipment was often installed on aircraft to increase the accuracy of locating enemy positions. Finally, some of these operators were sent to train with Special Forces. In this case, that meant the Green Berets. In Vietnam, these operators were attached to Green Beret combat units and went into the jungle with them. They provided enhanced intelligence on enemy positions, unit size, strength and weaponry. They were assigned to the 1st Special Operations Forces at the time.

Uncle Mike was assigned to the 321st ASA at Camp Red Cloud, Korea, for a short time before deploying to Vietnam where he was attached to the

See **COUCH** Page 19

Couch

From Page 18

23rd RCT, 1st Special Forces Group. He received Morse code and communications monitoring training before his special operations training.

My aunt relayed a story he had told her of surveilling an enemy unit in the jungle. They hid in dense foliage and remained undetected as the entire enemy unit passed by within feet of them. Because they had completed Special Forces training and were respected by Special Forces operators, they accompanied the ASA soldiers, were recognized as Green Berets themselves and were subsequently authorized to wear the distinctive headgear. My aunt also said that Uncle Mike had been shot and stabbed but there was never a Purple Heart awarded, as at that time, the U.S. was not officially in combat in Vietnam. She also gave me a citation he was awarded Feb. 23, 1963.

Uncle Mike kept the ASA's

secrets until his death, not caring that most of these actions have now been declassified and live on in several books. Two of the best are "The Sentinel and the Shooter," by Douglas W. Bonnot and "Top Secret Missions Performed by Elite Commo and Intel Specialists," by John E. Malone.

Another surprise that came from my aunt was the discovery that Uncle Mike could write. He wrote the piece while in Special Forces training at Fort Bragg between April and August 1962. I have transcribed the original document beginning on Page 17.

This is the story I have been able to piece together regarding my Uncle Mike and his service to his country. Veterans Day is a time to remember those in your family who have served. Take an interest in their story if they are willing to tell it and try to write it down if you can so that it may be passed on to future generations. The Vietnam War generation is aging and they won't be around forever to tell us how it really was.

Night Drop

From Page 17

gasoline arranged in the shape of an "L."

With no lights in the aircraft except the red "no jump" lights, the whole interior has an aura of redness. When the light changes to green "jump" you know it. The jumpmaster goes out, then the next man. The stick starts to shuffle forward like a train leaving the station. Then the man in front disappears. I don't see him move. It is just that one moment he is standing in the door and the next he is gone.

And then! "One thousand, two thousand, three thousand,

four thousand."

Even while my mind said no my body was going out the door. Faster than it can be said I feel the wind blow my body horizontal and the ties that hold my parachute together snapping to release the canopy. There is no opening shock with a T-10 chute.

I check the canopy, OK. Then I start looking for other jumpers. I have to pull on my left riser to pull away from a man on my right. I hit the quick release on my rucksack and it drops to the end of its 15-foot drop line, jerking me slightly in the harness.

The ground is coming up fast and I grab the risers, bend my knees and get my feet together. No time to enjoy the

ride. Don't look down you fool. Keep your eyes on the horizon.

Plop, the rucksack. Whap, my feet hit the ground, followed all too quickly by the rest of my body rolling automatically into a PLF (parachute landing fall).

A few bruises, but that's all, no sprains, no breaks. I release my chute harness and roll out of it. It takes a minute or two to get the chute in the kit bag.

I pause for a moment to catch my breath. My knees are still shaking slightly, the long shuddering release from tension. I look at my watch, grasp the carbine in my hand and trudge off into the dark. There is still a long night ahead. The end.




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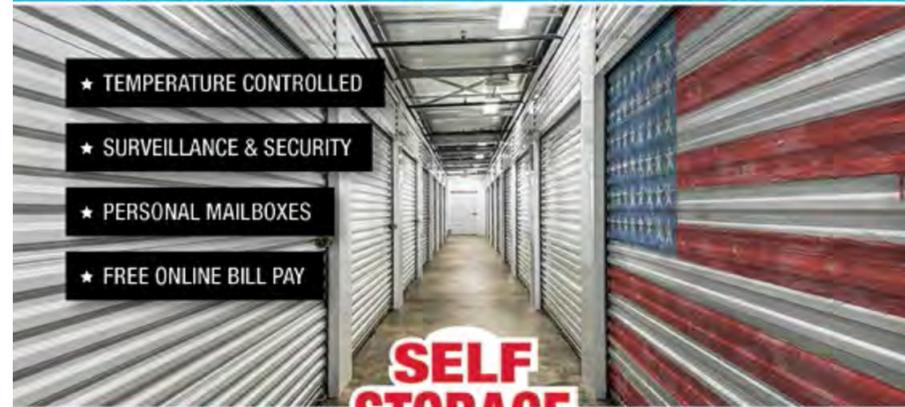

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Johnson

From Page 2

additional thoughts on reflection. First, while most reflection is accomplished in solitude, sharing reflections with others allows one to gain a different perspective, to mentor or to open up a deeper connection through conversation. Next,

reflection should be incorporated into one's personal life.

Finally, to me, reflection does not mean constantly living in past moments. There is a balance; glance behind using the smaller review mirror but spend the majority of time looking through the bigger windshield for what is in the now.

Reflection, it drives my daily mantra – “Better than before.”

AETC

From Page 6

succession planning in that the right people are vectored into the right positions through the transparency of what is required for job success, Wiley said.

To understand why competencies are needed to deliberately grow and develop Airmen throughout their careers, one only needs to think about what it is that distinguishes a top-performing Airman from an average one.

“You don't think about the tasks that make an Airman a top performer; I highly doubt you think about tasks like how well they know definitions or how they build a document,” said Vincent Villanueva, AETC occupational competencies deputy branch chief. “We just don't think in those terms; we think of the behaviors that make that Airman a top performer. The competencies tie the tasks together with specific behaviors that produce a top performing Airman.”

Competencies also link directly to an Airman's professional development and Air Force Chief of Staff Gen. David L. Goldfein's focus area of revitalizing squadrons.

“Competencies get to the heart of making the force ready and lay the foundation for force development, tying directly into the profession of arms and making Airmen more well-rounded,” Villanueva said. “Additionally, career fields can use these competencies to give them time back, which talks directly to revitalizing squadrons.”

To build a competency model, the team looks at task-based knowledge and skills and combines them with other behaviors and soft skills such as teamwork, critical thinking, self-control, resiliency, leadership and stress management that ultimately lead to behavior-based outcomes, Villanueva said.

To learn more about occupational competency model development and implementation, check out the “Developing Mach-21 Airmen” podcast featuring a conversation with Wiley and Villanueva.

Instructors

From Page 5

course, forging C-130 Hercules tactical experts. Through the course, the instructors also train instructor pilots and navigators to become tactical experts of the C-130 Hercules in a cross-domain battlespace, and challenge them to take their experience to train their respective units, increasing overall combat capability and lethality of the force.

“I really like watching the students learn things and seeing it click,” Wilson said. “Seeing the lessons learned here, and

knowing that they'll get to apply those when it really matters downrange is exciting.”

After the course, the students will graduate as U.S. Air Force weapons officers and they will go back to their units to share the wealth of knowledge gained while becoming C-130 Hercules tactical experts and eventually becoming head instructors.

“I love teaching here because it's all very advanced,” Wilson said. “You get to test yourself and also watch the students test themselves. It's very rewarding observing the wealth of knowledge the students gain from when they first get here to the moment they graduate.”

Tunnels

From Page 6

connections, sensor-cabling and other model utilities prior to the test. Most NFAC tests require custom sensor-cabling to transmit sensor data or control commands to and from the model into the data acquisition system or model control console.

Johnson said NFAC technicians are extremely talented at fabricating custom wiring harnesses for very demanding applications.

“Because of the size of our models, the installation of the model into the tunnel is a pretty involved process,” he said. “It takes a lot of planning and teamwork but, ultimately, the execution is done by our craft mechanics and technicians.”

Before being allowed to serve as tunnel operators, the craftsmen must undergo a certification process requiring a significant amount of on-the-job training.

“It takes a lot of experience to safely run this big wind tunnel,” Johnson said.

Among the craftsmen's recent successes is the NASA/

Army Tiltrotor Test Rig. The TTR is a new test capability developed to study advanced tiltrotors and develop databases for design code validation. NFAC crew members have been involved in the multiyear development of TTR in preparation for the first test in NFAC.

Crew members were involved in the installation of the TTR, as well as the installation of a three-bladed fully-controllable propotor measuring 26 feet in diameter.

“This installation of the TTR was the first wind tunnel test of this new capability,” Johnson said. “We were able to successfully demonstrate the operational capability of the rig and achieve the highest speed ever obtained in the wind tunnel in forward flight for a tiltrotor of this size. So it was quite an accomplishment by our team.”

The NFAC craftsmen also played a significant role in bringing the facility back online following a June 2017 incident in which a collapsed wall panel damaged one of the six large fan motors that powers the NFAC wind tunnels.

“Our craft crew was highly involved in getting us back online,” Johnson said.

Each of the six fans measures 40 feet in diameter and contains 15 large wood-laminated blades. Each fan blade is 12 feet long and weighs more than 800 pounds. All 15 blades in one of the fan motors were damaged as a result of the collapsed panel.

Because it will potentially take years to have new blades fabricated, personnel at NFAC decided to “borrow” blades from the other fan motors to replace the damaged blades, Johnson said. Three blades were pulled from each of the five “healthy” fan motors, and 12 were placed in the damaged motor. The three additional blades were placed into storage.

“That was a very extensive process because these blades are so heavy, delicate and require careful handling,” Johnson said. “The crew had to use a special hydraulic cart system to clamp onto the blade, unbolt it, lower it and tilt it from vertical into a horizontal position, and then transport it to the lower level because the six fan motors are arranged in two rows of three. We took blades out of the upper three fan motors, installed a winch system to lower them carefully down to the

ground and then transferred them to the damaged fan motor and reinstalled them.

“That whole exercise was pretty involved and hazardous. The engineers and craft workers got together to identify the potential hazards and develop a safe plan. It was a big job, and the craft crew worked painstakingly over several months to safely move all those blades from the other fans and get us operational again.”

Johnson said reducing the number of blades from 15 per fan to 12 has had a surprisingly small impact on the speeds at which NFAC can operate.

He added the facility will likely continue to operate in this manner until new blades are

designed and fabricated.

Following the incident, the NFAC craftsmen worked alongside NASA welders and craftsmen sent from Arnold Air Force Base to repair damage to the fan shroud. Another difficult task that the craft team members contributed to was repairing the damaged stators, which are the stationary blades behind the fans that help direct the airflow and remove swirl. These damaged stators had to be removed for refurbishment and then reinstalled.

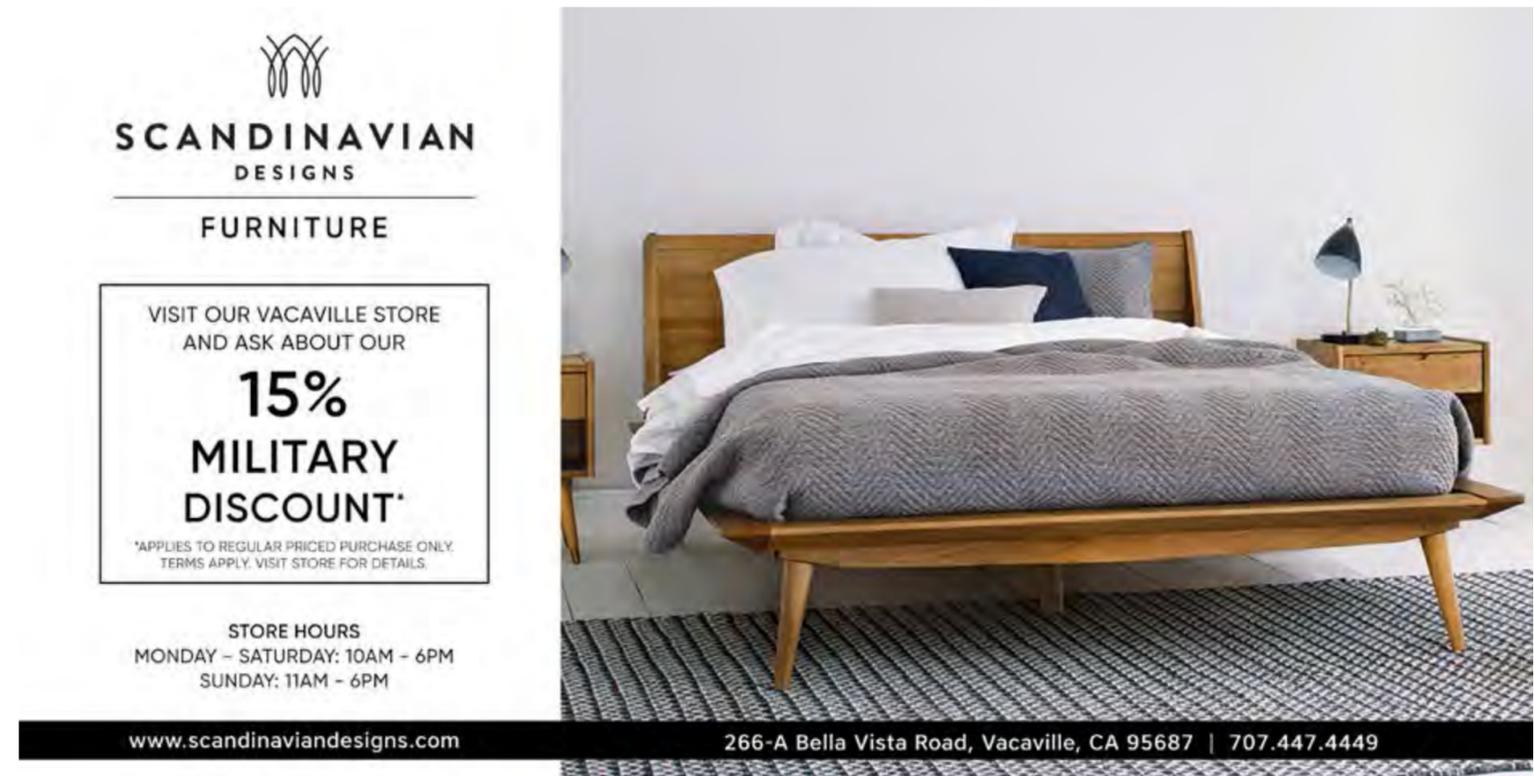
Along with completing the cleanup of the facility, the NFAC craftsmen also helped assess the health of the drive shaft and hub that supported the blades on the damaged fan motor.



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Risks

From Page 4

plan to account for new priorities, realities and needs.

According to an Air Force budget assessment provided by Goldfein, a six-month CR would postpone development and production of the F-15EX, prevent the Air Force from purchasing tail kits for 1,000 Joint Direct Attack Munition bombs, 99 AIM-9 Sidewinder air-to-air missiles and delay upgrades to the wings of the F-35 that would improve readiness for 31% of the fleet.

If the CR extends for the year, it would also interrupt funding to help Tyndall Air Force Base, Florida, and Offutt AFB, Nebraska, recover from natural disasters.

It also could trim \$123 million from undergraduate flight training that could affect efforts to rectify the Air Force pilot shortage, among other impacts.

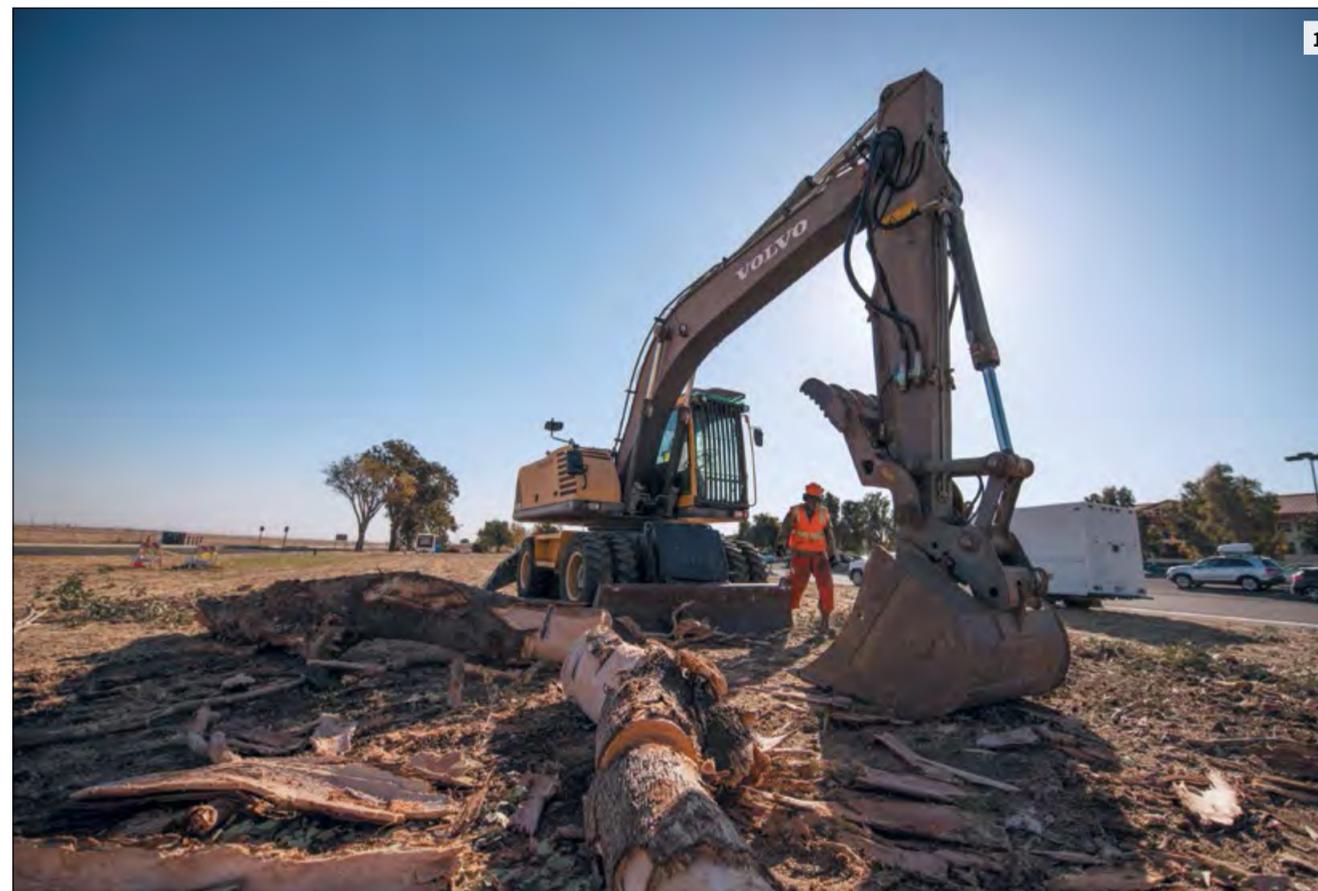
Goldfein said budget turbulence would ripple beyond the Air Force itself. Industry partners would feel the consequences as well.

Without predictable funding, he said, “I have to go to a CEO ... and say, ‘I don’t know exactly how many weapons I’m going to buy from you this year. ... So I want you to keep this very sophisticated workforce with a high-level security clearance occupied because eventually I may get the money.’”

“Then we finally get the money,” Goldfein continued. “I go back to them and say, ‘let’s pull the trigger; let’s go.’ He says, ‘I’m sorry, I’ve already had to repurpose that workforce. I can surge now, but it will cost you this amount.’”

Longer-term planning must account for spending uncertainties as well, he said. The top priority is transforming the Air Force to a digital, highly networked force that links “sensors with shooters” assisted by artificial intelligence, machine learning and seamless interoperability with air, land, sea, cyber and space systems.

The challenge, he said, is making progress on this effort while funding is present to ensure the Air Force can confront and, if necessary, defeat Russia and China. Air Force budget analysts say that window could close in two years or less.



1

1) Staff Sgt. Greg Deachan, pavement and equipment specialist of the 60th Civil Engineer Squadron, cleans up a fallen tree, Oct. 30 at Travis Air Force Base, California. Strong winds from the north caused trees to fall and debris to spread across the base.

Travis Airmen get to work after winds CLEANUP

U.S. Air Force photos by Nicholas Pilch

2) Staff Sgt. Greg Deachan, 60th Civil Engineer Squadron pavement and equipment specialist, uses a chainsaw to trim a tree into smaller pieces for cleanup, Oct. 30 at Travis Air Force Base, California. 3) Senior Airman James Le Mar, 60th CES pavement and equipment specialist, uses a 5CB front end loader to clean up debris, Oct. 30 at Travis.



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