



Aeromedical evacuation knows ...

NO BOUNDS

PAGES 12-13



60th Comm Squadron named best in command

60th Air Mobility Wing Public Affairs

The 60th Communications Squadron at Travis Air Force Base, California, was named the best communications squadron in Air Mobility Command for 2019.

In addition to cutting its teeth in communication syncing as part of a 2019 wildfire season response measure, the squadron also innovated business processes and rolled out the Air Force's Enterprise Land Mobile Radio Network, which helped to save the Air Force \$14.4 million.

U.S. Air Force graphic/Senior Airman Christian Conrad

New COLA rates start

Department of Defense

The Defense Department recently released the 2020 Continental United States Cost-of-Living Allowance rates, which took effect Jan. 1.

This year, the total number of service members receiving the allowance declined by 2,600.

Approximately \$20.2 million will be paid to approximately 12,300 service members stationed in CONUS in 2020 – \$1.9 million less than last year.

Approximately 3,800 members will now receive CONUS COLA; 3,300 will see an increase in their CONUS COLA payments; 4,100 members will see a decrease; 6,400 members will no longer receive CONUS COLA; and 1,100 will see no change.

CONUS COLA is a taxable, supplemental allowance designed to help offset higher prices in the highest cost locations in the continental U.S. that exceed the costs in an average continental U.S. location.

Rates can increase, decrease or remain the same, depending on the non-housing prices in a duty location as compared to non-housing prices in an average continental U.S. location.

By law, a contractor provides cost data from each military housing area, aka MHA, for the following categories: transportation, goods and services, federal income taxes,

sales taxes and miscellaneous expenses. Data is adjusted to account for the amount of Basic Allowance for Subsistence, an allowance meant to offset the costs for a member's meals, and for cost savings gained from shopping at commissaries and exchanges.

This information is compared to the same cost data for average continental U.S., which serves as a benchmark. The resulting ratio is called an index. By law, a continental U.S. COLA rate is only prescribed when the index meets a threshold of 108 percent, meaning the costs for non-housing types of goods and services in a particular location are at least eight percent more expensive than average CONUS.

An index in excess of 108 percent would qualify for CONUS COLA, e.g., a location that is 10 percent more expensive would qualify for a 2 percent COLA index.

The total amount of continental U.S. COLA a service member receives varies based on geographic duty location, rank, years of service and dependency status.

Payments per continental U.S. COLA point range from \$32 to \$60 per month for members with dependents, and \$22 to \$45 per month for members without dependents.

Service members can calculate their CONUS COLA rate at <http://www.defensetravel.dod.mil/site/conusCalc.cfm>.

Symposium grows refueling knowledge

Nicholas Pilch

60TH AIR MOBILITY WING PUBLIC AFFAIRS

OSAN AIR BASE, South Korea. – Airmen from the 6th and 9th Air Refueling Squadrons from Travis Air Force Base, California, participated Nov 18, 2019, in the first Pacific Tanker Symposium and conducted the first combined air refueling operation with the Republic of Korea Air Force.

The symposium was hosted by the 607th Air Operations Center and the ROKAF Operations Command at Osan Air Base, South Korea.

“As a result of this symposium valuable discussions were conducted on the similarities and differences among the allied tanker community, and how to work towards being interoperable as a united tanker force,” said Capt. Jason Lim, 6th ARS pilot.

The symposium had 26 participants which included refueling units from the United States, Republic of Korea, Australia and the United Kingdom. The nations came together to discuss standardization and interoperability of tanker aircrafts in the Pacific theater.

Lim also said the ROKAF was able to gain insight on how to develop and employ their recently acquired KC-330 tanker aircraft in combined air refueling operations.

Lim is fluent in Korean and a member of the Air Force language-enabled Airmen program which made communication for the aerial refueling easy for both squadrons to share ideas.

A year ago, communication with the 6th ARS and ROKAF's 261st ARS began to plan for a future training event.

“I had a feeling of great accomplishment with how far we have come in regards to this interaction with the



Courtesy photo

Republic of Korea Air Force KF-16 and F-15Ks are refueled by a ROKAF KC-330 tanker while participating in the first combined air refueling operation with U.S. Airmen in a KC-10 Extender from Travis Air Force Base, California, Nov. 19, 2019, in Mallipo Air Refueling airspace near Kunsan Air Base, South Korea. The joint air refueling mission was for ROKAF members to gain insight on how to develop and employ their recently acquired KC-330 tanker aircraft.

ROKAF 261st ARS,” Lim said. “Last year, the 6th ARS had our first engagement with them through a KC-10 off-station training to Osan where we demonstrated KC-10 air refueling operations.”

With this first communication

between the ROKAF's first tanker squadron and a USAF tanker squadron, guidance was provided to the ROKAF how to work towards setting up a successful air refueling squadron.

“Fast forward to exactly one year and

now we are flying together in the same airspace and conducting air refueling operations to our US and ROK fighter receivers,” Lim said. “We set out a goal

See SYMPOSIUM Page 18

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

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60th Air Mobility Wing commander

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

Senior Airman Amy Younger

Airman 1st Class Cameron Otte

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For information on paid advertising and on base circulation, call 425-4646. Correspondence can be sent to: Daily Republic, 1250 Texas St., Fairfield, CA 94533 or faxed to 425-5924.

Visit the Travis public web site at <http://www.travis.af.mil>. Read the Tailwind online at <http://tailwind.dailyrepublic.net> or by accessing the Travis SharePoint.

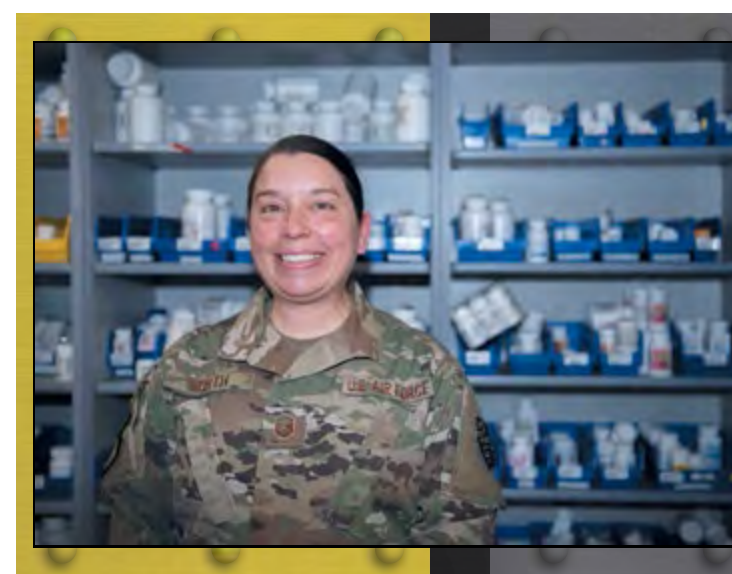
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On the cover

U.S. Airmen from the 43rd Aeromedical Evacuation Squadron Detachment one and 60th Medical Group Critical Care Air Transport Team, treat simulated patients Dec. 18, 2019, on a C-17 Globemaster III from Travis Air Force Base, California.

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



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

WARRIOR OF THE WEEK

Name: Master Sgt. Andrea North.	Hometown: Clyde, Ohio.	What are your goals? Finish my bachelor's in applied management.
Unit: 60th Medical Diagnostics and Therapeutics Squadron.	Time in service: 21 years.	What are your hobbies? Running, cooking and crafting.
Duty title: Satellite pharmacy section chief.	Family: Spouse, Charles; daughter, Sophia.	What is your greatest achievement? Being married for 19.5 years.

Tax help available to vets, retirees

Travis Retiree Activities Office

Tax season is upon us. Travis Air Force Base no longer hosts the Volunteer Tax Assistance Program, but sources of help for retirees are available at a number of local senior/community center locations through the American Association of Retired People.

The Retiree Activities Office at Travis has reached out to each center and all of them require people needing assistance to call in advance for an appointment.

Those in need of help are advised to call the center serving their town or city in the first half of January to set up an appointment, get information regarding the documents needed to file their taxes, and to find out if there are any age or income restrictions on who's eligible for assistance.

For more information, contact the following senior centers:

- Benicia Senior Center: 707-745-1202.
- Dixon Multi-Use/Senior Center: 707-678-7022.
- Fairfield Adult Recreation Center: 707-428-7421.
- Rio Vista Senior Center: 707-374-6554.
- Suisun City Senior Center: 707-421-7203.
- Woodland Community and Senior Center: 530-661-2001.

For more information, call the Travis Retiree Activities Office at 707-424-3904.

Visit Travis' **FACEBOOK** page for up-to-date information.

facebook.com/Travis AirForceBase



Airman 1st Class Bobbie Briggs, front, 60th Force Support Squadron customer support technician, takes a selfie Dec. 25, 2019, in Fairfield, California, with her Adopt-an-Airman family. The Adopt-an-Airman program is designed to connect Airmen living in the dorms with local families to develop lasting relationships based on shared interests and hobbies.

Adopt-an-Airman program unveiled

Senior Airman Amy Younger
60TH AIR MOBILITY WING PUBLIC AFFAIRS

To some, the holiday season looks something like a Norman Rockwell painting: a big dinner table filled with family, cozying up with cocoa by a fire, enjoying games and conversation with loved ones.

However, for those in uniform, the holidays are often anything but traditional. Between changes of duty station, travel to temporary duties and deployments, making it home to celebrate the season is never guaranteed.

Fortunately, for Airmen at Travis, there is a program

that offers them a chance to spend time with "family," even while they are away from home, the Adopt-an-Airman program.

"I didn't know what to expect, but it was a great experience!" said Airman 1st Class Bobbie Briggs, 60th Force Support Squadron customer support technician and pioneer adoptee to the program. "I had fun; they got me a gift; they fed me. I watched the game, and they got me back on time because I worked the next day."

Travis didn't always have this outlet for Airmen. The program came about after local military mother and

member of the Travis Regional Armed Forces Committee, Tina Norman, had an epiphany.

"Just before the holidays last year, it was all of the sudden on my heart," Norman said. "I just had this overwhelming feeling of 'Oh my gosh, we have Airmen sitting in the dorms with nobody and the holidays are coming. I don't want them to be alone.'"

Norman became familiar with the Travis community and its Airmen through her work with the Travis Regional Armed Forces Committee, a support organization to the base that works directly with

base leadership members

like Chief Master Sgt. Derek Crowder.

"When I went to the next TRAFIC meeting, I just kind of, stood up and spewed it all over 'What can we do? I know a lot of people in the community who want to open their homes. Who can help me get word to the Airmen?'" Norman said. "That's when Chief Crowder came up to me afterward and said, 'I love this, let's do it.'"

With a little over a year under its belt, Adopt-an-Airman has grown to 25 local families enthusiastic about hosting dorm residents.

For Airmen like Briggs, **See ADOPT Page 18**

Base schedules controlled burns

60th Air Mobility Wing Public Affairs

On Jan. 13-14, 24-25 and Feb. 8-9, the 60th Civil Engineer Squadron is scheduled to perform prescribed structural burns at various buildings on the north side of base.

The prescribed structural burn will provide training for on- and off-base firefighters. Additionally, it will also serve to accomplish the demolition of the building.

The Travis AFB Fire Department is working with the Vacaville, Winters and San Ramon Valley Fire Departments to execute the training and demolition.

Smoke may be visible from the base on the dates mentioned above.

The first of the scheduled burns took place Jan. 8-9.

For more information, contact 60th Air Mobility Wing Public Affairs at 707-424-2011 or email 60AMWPA@us.af.mil.

Exchange expands shopping privileges

Lorraine Harris-Ortega

ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

The Travis Army and Air Force Exchange began welcoming disabled veterans, Purple Heart recipients and certain caregivers with in-store shopping privileges Jan. 1.

Army & Air Force Exchange Service shopping privileges will expand to all veterans with service-connected disabilities, veterans who are Purple Heart recipients, veterans who are former prisoners of war and primary family caregivers for veterans who are enrolled in the Department of Veterans Affairs Program of Comprehensive Assistance for Family Caregivers. In all, 4.1 million Americans will be eligible for

the new benefit.

This new privilege was specified in the Purple Heart and Disabled Veterans Equal Access Act of 2018, included in the John S. McCain National Defense Authorization Act for fiscal 2019. The Department of Defense officially announced the expansion Nov. 13.

"It is an honor to welcome our Nation's heroes back to their Exchange," said Exchange Director/CEO Tom Shull, a Vietnam-era Army veteran. "They fought for us. They sacrificed for us. They deserve this."

The new patron group will also have access to commissaries and morale, welfare and recreation retail facilities located on U.S. military installations.

See EXCHANGE Page 19

Travis Airmen learn about leadership



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

Jason Womack, Air University Leadership Institute instructor at Maxwell Air Force Base, Alabama, speaks to members of Travis, Dec. 18, 2019, at the Delta Breeze Club on Travis Air Force Base, California. Womack spoke about "Applied Leadership," in which he described specific techniques that leaders can use to be more efficient, effective and influential.

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Commissary can help boost healthy resolution

Matthew Perry

DEFENSE COMMISSARY AGENCY
MARKETING AND MASS MEDIA SPECIALIST

FORT LEE, Va. – With January being Family Fit Lifestyle Month, service members and their families can kick start their new year's resolution to be healthier by saving money on nutritious items at their commissary.

"A healthy lifestyle is a combination of a tough fitness plan and a healthy diet," said Army Command Sgt. Maj. Tomeka N. O'Neal, the Defense Commissary Agency's senior enlisted advisor to the DeCA director. "This is achievable in 2020 and your commissary provides the ingredients to do so."

"The commissary makes it easy to find the right foods that are right for you. We have various services, including nutrition guide recipes and thinking outside the box recipes," she added.

January sales promotions arrive just in time for the expanded patronage of disabled veterans, designated caregivers, Purple Heart recipients, and POWs who were granted exchange and commissary shopping privileges on Jan. 1.

Commissary customers can save even more time and money by visiting the online customer portal, MyCommissary. The portal makes it easy to access your Commissary

See RESOLUTION Page 19

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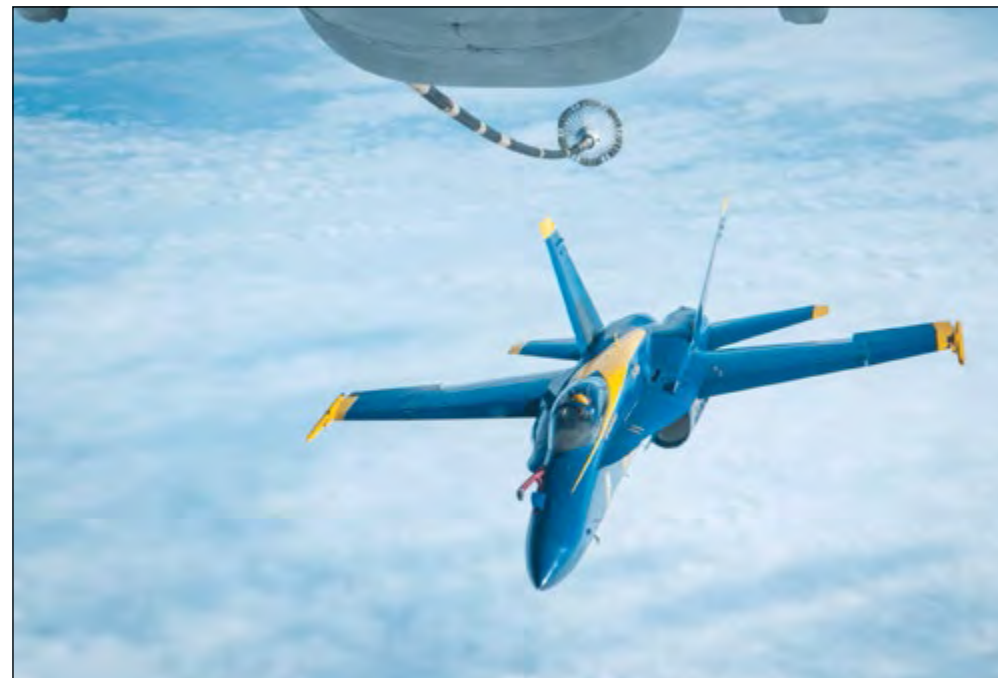
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JBMDL Airmen help Blue Angels, Travis



U.S. Air Force photo/Senior Airman Ruben Rios

U.S. Navy Lt. Cmdr. Brandon Hempler, Blue Angels pilot, prepares to make contact Jan. 3 with the drogue of a KC-10 Extender from the 78th Air Refueling Squadron, 514th Air Mobility Wing, Joint Base McGuire-Dix-Lakehurst, New Jersey. Members from the 78th ARS flew a sortie to refuel the U.S. Navy Blue Angels, as well as ship cargo from Travis Air Force Base to Joint Base Pearl Harbor-Hickam, Hawaii.

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Leaders learn about foreign visits



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

Sal Pampinella, right, International Treaty Compliance Office staff member, shares a laugh with Col. Jeffrey Nelson, left, 60th Air Mobility Wing commander, Dec. 13, 2019, at Travis Air Force Base, California. Pampinella manages and directs all activities that involve foreign visitors. Nelson toured the International Treaty Compliance Office as part of Leadership Rounds, a program that allows base leadership to connect with personnel and gain a more in-depth understanding of each section on base.

Air Force asks for theme ideas

Tech. Sgt. Anthony Nelson Jr.

SECRETARY OF THE AIR FORCE
PUBLIC AFFAIRS

ARLINGTON, Va. — In preparation for its 75th anniversary, Sept. 18, 2022, the Air Force is soliciting birthday theme ideas from Total Force Airmen and civilians. Every year in September, the Department of the Air Force dedicates a theme to celebrate the Air Force's birthday.

Some of the past themes include, "Frontiers of Blue... This is 72!," "Focusing on heritage, warfighting capability and innovation," "American Airman... Wingman, Leader, Warrior," and "Breaking Barriers!" Concepts for the 75th birthday theme should consider inclusiveness of multi-domain operations, capture Airmen's innovation and reflect the Air Force's heritage over the last 75 years. Considered themes



U.S. Air Force graphic/Tech. Sgt. Anthony Nelson Jr.

In preparation for the Air Force's 75th anniversary, Sept. 18, 2022, the Air Force is soliciting birthday theme ideas from Total Force Airmen and civilians. Every year in September, the Department of the Air Force dedicates a theme to celebrate the Air Force's birthday.

should be short, concise, catchy and memorable (e.g. the 70th anniversary theme was "Breaking Barriers"). Submissions must also be in good taste. All submissions and

voting will take place through the IdeaScale website.

The submission and voting timeline is as follows:

- The competition

See THEME Page 15

Jeff Trager Presents
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HH-60W tests in soundproof chamber

A 413th Flight Test Squadron HH-60W hangs Jan. 6 in the anechoic chamber at the Joint Preflight Integration of Munitions and Electronic Systems hangar at Eglin Air Force Base, Florida. The J-PRIMES anechoic chamber is a room designed to stop internal reflections of electromagnetic waves, as well as insulate from external sources of electromagnetic noise to facilitate testing air-to-air and air-to-surface munitions and electronics systems on full-scale aircraft and land vehicles before open-air testing.

U.S. Air Force photo/Samuel King Jr.



Samuel King Jr.
EGLIN AIR FORCE BASE PUBLIC AFFAIRS

EGLIN AIR FORCE BASE, Fla. — The Air Force's newest combat rescue helicopter was suspended in a soundproof chamber at the Joint Preflight Integration of Munitions and Electronic Systems facility in mid-November for defense system testing.

The 413th Flight Test Squadron's HH-60W spent approximately seven weeks testing the defensive systems upgrades from the legacy HH-60G currently flown by Air Combat Command.

The J-PRIMES facility has the unique capability to capture high quality data on defensive systems by isolating

the electromagnetic radiation inside the facility's anechoic chamber. The chamber is a room designed to stop reflections of sound or electromagnetic waves and is insulated from external noise.

Testing the HH-60W in J-PRIMES will characterize the performance of the helicopter's systems before electronic warfare flight-testing. The tests ensure it is capable of defeating hostile threats while performing its designated combat search and rescue mission.

The new aircraft arrived at the 96th Test Wing in early November. The Air Force is contracted to purchase 113 HH-60W aircraft to replace

See **SOUNDPROOF** Page 22

Shine light on wintertime blues

Douglas H. Stutz
NAVAL HOSPITAL BREMERTON
PUBLIC AFFAIRS

The winter weather forecast will be snow and sleet for some, yet sorrow and sadness for others.

Got them wintertime blues? You're not alone.

"Seasonal Affective Disorder - SAD - is a mood disorder triggered by a change in seasonal weather patterns such as shorter days, gray skies, and rain," said Navy Lt. Cmdr. Nathan R. Hydes, Naval Hospital Bremerton Board Certified Clinical Psychologist.

Dec. 22, 2019, was the Winter Solstice and the shortest day for the year. Also the longest night. SAD is associated with the Winter Solstice, because the condition does tend to manifest itself during late fall and early winter when less natural sunlight is available.

"SAD affects millions of Americans every year and is believed to be more common in parts of the country where the sunshine is less prevalent, such as here. SAD symptoms can include a down mood, loss of interest in activities that are normally enjoyable, change in appetite and in sleep patterns and fatigue and loss of energy. In some cases, thoughts of suicide," explained Hydes, who is also embedded as the assigned psychologist of Marine Corps Security Force Battalion and Submarine Group Nine Sailors working out of Branch Health



U.S. Navy photo/Douglas Stutz

Seasonal Affective Disorder affects millions of Americans every year and is believed to be more common in parts of the country where the sunshine is less prevalent. SAD symptoms can include a down mood, loss of interest in activities that are normally enjoyable, change in appetite, sleep patterns, fatigue and loss of energy.

Clinic Bangor.

While there are no compiled statistics on actually how many service members deal with SAD, Hydes notes that mental health complaints in the military are similar to mental health numbers seen in the civilian sector.

"About seven percent of people experience a depressive episode every year, with women 1.5 to three times more likely to experience a depressive episode. Applying that number to our region, there are several hundred service members assigned in the area who will likely experience a depressive episode in 2020," stated Hydes.

There is a difference to someone feeling glum due to their team losing a big game

and being affected by SAD.

"Big difference. Having ups and downs in mood is perfectly normal, especially after experiencing a loss like Navy losing to Army. This is very different from what we see in SAD. Situational stressors can result in down moods, but these moods are typically shorter and much less severe than what we see in SAD," said Hydes.

"A dip in mood is common with rainy days and winter months and is not usually a concern," continued Hydes. "However, when changes in thought and/or behavior occurs, they should seek help. We should look for signs of SAD in our friends and shipmates. Awareness is very important."

See **BLUES** Page 18

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Air Force studies fatigue

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AIR FORCE SURGEON GENERAL
PUBLIC AFFAIRS

FALLS CHURCH, Va. — The Air Force is studying sleep habits among Airmen to find ways to improve performance and ensure their readiness to support the mission.

Researchers with the Air Force Research Laboratory's 711th Human Performance Wing, Wright-Patterson Air Force Base in Ohio, are looking for ways to better equip Airmen and their leadership with crucial data to ensure that Airmen are getting the necessary rest and to maximize mission execution.

A team of human performance experts is looking at sleep and fatigue from several perspectives. They are tracking sleep habits in pilots and other operators, while also evaluating sleep-monitoring technology to ensure its accuracy and ability to work in an operational setting.

"It's a multi-pronged approach to studying sleep and fatigue," said Dr. Glenn Gunzelmann, training core technical competency lead for the Airman Systems Directorate in the 711th HPW. "Providing Airmen with information on their sleep patterns and history helps Airmen understand how sleep affects their operational effectiveness. Giving leadership this data also helps inform policy and how to account for sleep needs in their planning."

Gunzelmann, along with Air Force Lt. Col. Dara Regn, Internal Medicine Branch chief for the U.S. Air Force School of Aerospace Medicine in the 711th HPW, participate in a NATO aircrew fatigue management working group. Regn leads the working group, which also includes Army and Navy researchers. The goal is to pool their expertise and research to

See FATIGUE Page 22

AE ready for real-world scenarios

Story and photos by
Senior Airman Jonathon Carnell
60TH AIR MOBILITY WING PUBLIC AFFAIRS

“At any time during normal operations, Air Mobility Command can be called upon to support humanitarian and contingency operations around the world,” said Lt. Col. Michael Earl, 43rd Aeromedical Evacuation Squadron Detachment 1 director of operations at Travis AFB. “Training is how we respond with such effectiveness that the U.S. is known as the world’s first responders.”

The 43rd AES partnered with the 60th Medical Group Critical Care Air Transport Team from Travis AFB for an aeromedical evacuation readiness mission. The two teams tested their mission readiness by exercising their medical capabilities during a check flight Dec. 18, 2019, on a C-17 Globemaster III.

“This is a tool that we use to keep constantly knife-edge ready to step to the jet at any point in time, to support the directives and requirements brought to us by our commanders,” Earl said. “We can go anywhere, at any time, to support anything.”

Routine training missions are held to the same standard as a real-life situation, said Staff Sgt. Brendon Bowman, 43rd AES charge medical technician.

“CCATT is a specialized team consisting of three individuals: a critical care physician, a respiratory specialist and a critical care



1) Capt. Amy Badillo, 43rd Aeromedical Evacuation Squadron Detachment one flight nurse, communicates to her team Dec. 18, 2019, on a C-17 Globemaster III from Travis Air Force Base, California. The 43rd AES and the 60th Medical Group Critical Care Air Transport Team practiced their AE capabilities during their first integrated mission.

nurse,” said Maj. Faith Kelly, 60th Medical Group cardiologist and CCATT specialist. “We always travel with an AE crew to get patients from point A to B.”

Having a CCATT increases the complexity of patients who can be transported to a higher level of care, Kelly said.

“We do a lot of independent CCATT training, but the

coordination with AE and how we can supplement each other on these training missions better prepares us for when we go downrange and transport patients,” Kelly said. “The teamwork aspect that goes into this is we train together as a unit. We are only as strong as our weakest unit and training is crucial so we can get a Soldier, Airman or contractor home without

loss of life, limb or eyesight.” Aeromedical evacuation training members are multi-platform qualified which means they can fly on most Air Force aircraft to complete their mission.

“People get injured overseas and our job is to get them back,” Bowman said. “Effective travel and effective medical care is our passion and our profession.”



2) Airmen from the 43rd Aeromedical Evacuation Squadron Detachment 1 transport a simulated patient Dec. 18, 2019, off of a bus to a C-17 Globemaster III from Travis Air Force Base, California. The 43rd AES and the 60th Medical Group Critical Care Air Transport Team practiced their AE capabilities during their first integrated mission. 3) Airmen from the 43rd AES Det. 1 perform medical operations on Lt. Col. Michael Earl, 43rd AES Det. 1 director of operations, who simulates having a heart attack to test the team’s capabilities Dec. 18, 2019, on a C-17 from Travis.



4) Capt. Ivy Ramirez, 60th Medical Group critical care nurse, treats a simulated patient Dec. 18, 2019, on a C-17 Globemaster III from Travis Air Force Base, California. 5) Capt. Amy Badillo, right, and Maj. Adrian Rodriguez, both 43rd AES Detachment 1 flight nurses, check paperwork for a simulated patient Dec. 18, 2019, on a C-17 from Travis. 6) Airmen assigned to the 60th MDG CCATT treat a simulated patient Dec. 18, 2019, on a C-17 from Travis. 7) Airmen assigned to the 60th MDG CCATT discuss treatment on a simulated patient Dec. 18, 2019, aboard a C-17 from Travis.

Weapons system completes first mission

2nd Lt. Ashlyn K. Paulson
552ND AIR CONTROL WING PUBLIC AFFAIRS

TINKER AIR FORCE BASE, Okla. — After four years of planning, the 752nd Operations Support Squadron has successfully completed its first live mission on the AN/TYQ-23A weapons system at Tinker Air Force Base.

The 752nd OSS received the AN/TYQ-23A Tactical Air Operations Module weapons system in September 2019 after beginning the acquisition process in the summer of 2015. The ground-based weapons system allows squadron members at Tinker AFB to provide command and control to both live and simulated aircraft from around the country.

Only 18 of these weapons systems exist in Air Force inventory and Tinker AFB is now one of only four active-duty bases to have this equipment.

To prepare for the weapons system, the 752nd OSS had to attend weeks of training on how to operate the equipment. The squadron also added 10 maintenance personnel and underwent extensive renovations to support the necessary equipment and technology.

“The fact that we are now able to run missions shows how we, the Control and Reporting Center community, continue to adapt and overcome to achieve mission success,” said Brian Zbydniewski, 752nd OSS CRC systems integration technical advisor. “We took an old and

outdated building and turned it into a state-of-the-art control facility where we can control missions using radios, radars and data links from all over the United States.”

The first live mission occurred Dec. 4th in coordination with the 77th Fighter Squadron out of Shaw AFB. The mission began with connectivity and correlation checks to ensure the weapon system from Tinker AFB could connect to the needed databases. Once connected, the 752nd OSS was able to monitor an aerial refueling of an F-16 Fighting Falcon from the 77th FS. Four versus three scenarios were used allowing the 752nd OSS to provide defensive counter air support and control of the air domain.

Theme

From Page 7

submission period is now through Jan. 31.

• The voting window will be from Feb. 24 to March 6.

The best qualified submissions will be considered and sent to the chief of staff of the Air Force, the vice chief of staff of the Air Force, the Air Force director of staff and the chief master sergeant of the Air Force for the final decision.

The winner will be announced around April 1.

The winner will receive an all-expense paid trip to the Air Force Association's Air, Space & Cyber Conference in September, to attend the 75th Air Force birthday celebration and meet the CSAF and CMSAF.

Airmen and civilians with ideas should submit them online at <https://usaf.ideas-calegov.com/a/ideas/recent/campaigns/101>, when the submission window opens.




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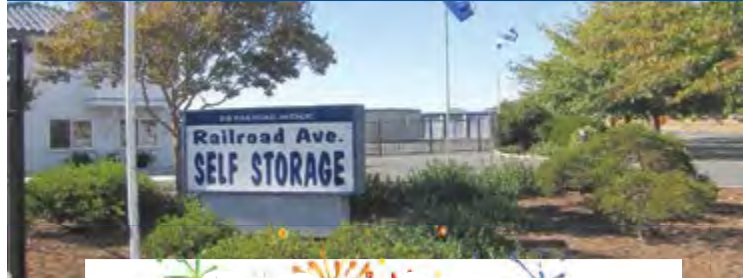
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Courtesy photo

U.S. Airmen from Travis Air Force Base, California, participate in a symposium Nov. 18, 2019, at Osan Air Base, South Korea. The symposium was hosted by the 607th Air Operations Center and Republic of Korea Air Force Operations Command at Osan.

Symposium

From Page 3

to work toward interoperability and have made huge advancements toward that goal.”

The 6th ARS was able to train ROKAF members on the KC-330's refueling capabilities on the fighters from the 51st and 8th Fighter Wings to maintain combat readiness in the Pacific

theater for the ROKAF.

“I felt really honored to be part of the (training mission),” said Staff Sgt. Cornelius Frazier, 9th ARS instructor boom operator. “It was really eye-opening to see how (other

nations) operate and knowing that my inputs would have an impact on how they will further conduct their operations going forward. This opportunity really made me appreciate the training I received.”

Blues

From Page 9

Some of the warning signs include low energy, fatigue, tiredness, low mood, decrease in activity, and difficulty concentrating. Other possible indicators of the onset of the winter blues are feeling apathy, being sad nearly every day, pessimistic attitude, excessive sleep and/or poor sleep, irritability, changes in appetite, and change in weight.

There are risk factors to consider.

“Risk factors for depression include a history of mental health issues; a family history of depression; a sudden loss such as a divorce or breakup; drug and alcohol abuse; increased stress; and social isolation,” Hydes said.

According to Hydes, SAD or not, symptoms of depression should be addressed when they result in behavior or a change in thinking, specifically if centered on thoughts of self-harm.

“When it comes to behavior,

More Information

Seasonal Affective Disorder symptoms can include:

- A persistent low mood.
- A loss of pleasure or interest in normal activities.
- Irritability.
- Feelings of despair, guilt and worthlessness.
- Feeling lethargic (lack in energy) and sleepy during the day.
- Sleeping for longer than

normal and finding it hard to get up in the morning.

Shining Light on those Wintertime Blues:

- Keep active.
- Get outside.
- Keep warm.
- Eat healthily.
- See the light.
- Take up a new hobby.
- See friends and family.
- Talk it through.

we look for any changes. This can include things such as a normally social person choosing to isolate him/herself, or a person who usually sleeps seven or eight hours a night is now staying in bed 12 hours a day, or a person with normal eating habits is now not eating. We also assess changes in thought patterns. This can include a person with a healthy self-esteem who now suddenly believes he/she is worthless or unloved. The appearance of suicidal thought(s) is of course the most serious symptom and is a clear indicator that immediate intervention is needed,”

stressed Hydes.

Beneficiaries can contact their Family Medicine provider, Mental Health, Military Onesource, and Pastoral Care departments for consult assistance.

Alcohol is also a contributing factor in how some attempt to handle being SAD...or not.

“Alcohol affects people's depression in different ways, but its' impact is never good. The best case scenario is that alcohol masks some underlying problem and prevents a person from getting necessary help. Worst case scenario is that the alcohol significantly increases

the chance that a person will engage in self-injurious or suicidal behavior,” Hydes said.

All is not doom and gloom, says Hydes. There are ample opportunities available for everyone to shine their own light and beat the wintertime blues.

“Stay physically active and exercise. Get outside even if the weather is crummy. Enjoy the Pacific Northwest. You can't wait for a sunny day,” recommends Hydes.

For Navy Lt. Justin Hoblet, NHB Physical Therapist, SAD became a reality after spending the last 16 years living in either Florida, Texas or California before being assigned to his new command.

“I was definitely impacted by the inability to get out in nature as much as I was able in the more sunshine friendly climates. When I moved here the lack of sunshine was a shock to my system,” Hoblet related.

Both Hoblet and Hydes suggest that another option for someone impacted by lack of natural sunlight and feeling SAD is to invest in light therapy with a light box.

Adopt

From Page 4

new to the base and newly separated from home, the program has been an outlet to decompress. A local woman and her elderly mother adopted Briggs before the holidays in 2018, and they have since spent much time together.

“It's not just the holidays. She picks me up for church sometimes. We text and check in on each other,” said Briggs. “When I get a car, I'll be able to pop in and see if they need anything – pick up things from the store and help clean up around the house.”

Norman explains that the program's biggest priority is finding the best fit for Airmen, recognizing that for many who enlist, military service means uprooting your life.

“When you leave home, everything is so new and so scary, in my opinion,” said Norman, whose son is in the Air Force. “Sometimes we make the needs much bigger than they really are – you know, it can be as simple as a friendly hug, a smile, a conversation; whatever they need, that's what we want to provide.”

The program encourages Airmen to participate in pairs to help them feel as comfortable as possible integrating into a family, conceding that some are wary connecting with people they don't know, Norman explained.

“Just do it,” Briggs said. “Yes, you're going to be nervous at first, and skeptical, but be open-minded. It's worth trying it out because it's good to have that experience and that support out here.”

Norman emphasized that the program is ultimately all about the Airmen and participating families are dedicated to making it what Airmen want it to be.

“We want them to know that their community here embraces them, loves them and is so thankful that they've made this commitment to our community and to our country,” Norman said. “We want to be able to help them any way we can.”

Airmen interested in signing up for the program and families interested in hosting an Airman can email emily.haley@us.af.mil or visit <https://www.travis.af.mil/Information/TAFB-Adopt-an-Airman/>.

Resolution

From Page 6

Rewards Card account and see the current sales flyer.

Patrons are reminded to check the ends of aisles in their store for themed items with extra low pricing. Overseas stores may have substitute events for certain promotional programs. Customers should check with their store for details or visit their store page to verify what's available. Here are a few January promotions to consider for extra commissary savings:

- Special Olympics. Customers who purchase \$30 of participating Procter & Gamble products will receive \$5 off their next commissary visit (credit loaded to your Commissary Rewards Card). P&G is marking its 40th Special Olympics promotion by donating \$75,000 to Special Olympics. A P&G brandSAVER containing 43 coupons worth more than \$85 will be available at stores. Also, P&G will deploy 68 digital coupons worth more than \$171 in connection with the Commissary Rewards Card. This promotion ends Jan. 19.
- Big Game, Big Savings. Kraft Heinz Company will be offering \$3 or \$5 coupon deals on participating brands throughout January. Participating brands: Heinz Ketchup, Mustard and Pickles, Grey Poupon Mustard, A1 and Heinz 57 Steak Sauce, Bagel Bites, Delimex, TGI Friday's Frozen Entrees, Kraft Natural Cheese, Cracker Barrel Cheese, Kraft Grated Parmesan, Kraft Singles, Kraft Dinners, Kraft Mayo, Miracle Whip, Taco Bell products, Philadelphia Cream Cheese, Oscar Mayer Cold Cuts/Hot Dogs/Bacon, Lunchable Lunch Combos, Velveeta Loaf and Slices, Maxwell

House Coffee, Gevalia Coffee, Planters Nuts. This promotion ends Feb. 2.

- Game Day Super Soda Promotion. Stock up on soda for the big game. For a limited time, save up to 35 percent on all 12-packs at the commissary. This promotion begins Jan. 27 and ends Feb. 2.
- Big Game Sweepstakes. Nabisco and Coca-Cola have teamed up to bring commissary patrons the opportunity to win commissary and exchange gift cards ranging from \$50 to \$250. Look for the Nabisco and Coca-Cola football-themed displays in your commissary for more details. This promotion ends Jan. 31.
- Warming Up America. To learn more about Progresso's annual “Warming Up America” sale, look for the General Mills store displays featuring high-value coupons and giveaways. This promotion ends Feb. 2.
- Family Fit Joint Text To Win. One hundred commissary customers could each win a \$25 gift card from sponsored by several product manufacturers in the “My Military Savings.com Text-To-Win” promotion. Look for the posters and displays in participating commissaries for more details. This promotion ends Feb. 2.
- Return to School - Box Tops for Education (BTFE). Commissary customers can now use the new BTFE app or mobile site to scan their receipt, and the earnings will be instantly credited to the school of your choice's account. Look for in-store lunch box displays as well as the school bus displays for savings, coupons and products. This promotion ends Feb. 2.
- Oats Across America Sweepstakes. Quaker Oats presents the “Oats Across America - Our Oats. Your

Creation” sweepstakes. Submit your favorite Quaker Oats recipe for a chance to win daily prizes. The recipes that best demonstrate nutritious and unique ways to use Quaker Oats will be featured in their Oats Across America Cookbook. Details for submitting your recipes will be on in-store Quaker Oats displays. This promotion begins Jan. 20 and ends Feb. 2.

- Colgate Magnus Cards Program. In support of Special Olympics and cognitive needs awareness month, Magnus Mode and Colgate have teamed up to help individuals living with cognitive needs complete daily tasks that may otherwise be difficult without instruction and assistance. Look for the in-store Colgate displays for more information on this promotion and how to enter to win an HDTV. This promotion begins Jan. 20 and ends Feb. 2.
- Touch Down of Savings. Look for the in-store General Mills displays for coupons and game-day recipes for participating brands such as Chex Mix, Old El Paso, Totino's and more. This promotion begins Jan. 20 and ends Feb. 2.
- Commissary beef and pork savings. Check with your meat department for the commissary beef and pork savings:
- * Fall Favorites Power Buy Box – Offers a 25 percent savings to our patrons on select cuts of beef.
- * Whole Sub Primal Beef Sold at Cost – customers can save 14 to 26 percent on sub primal beef. Cut upon request for free.
- * Healthy Alternative Power Buy Box – Save 29 percent on 20 pounds of select cuts of lean beef and pork.
- * Economy Power Buy Box – Save 31 percent on 15 pounds of select cuts of beef and pork.

available soon.

Before the expansion, only veterans with 100 percent service-connected disabilities could shop in person. Active-duty service members, their dependents and military retirees also have in-store and online privileges.

All honorably discharged veterans can shop the military exchanges online now, through

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a benefit that was secured in 2017. Since then, veterans have saved more than \$6 million in sales tax. Veterans can determine their eligibility to shop online at ShopMyExchange.com/vets.

Veterans who need additional information about the in-store patronage expansion can visit the veterans section on the Exchange's Community Hub.

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Fatigue

From Page 10

address common issues and challenges.

“Our current operations cross over multiple time zones, resulting in circadian rhythm issues, sleep deprivation or insufficient sleep,” said Regn. “As partner nations we all deal with similar challenges like increased mission tempo, long-range missions and pilot shortages. We are working together to optimize our pilots and bring back the importance of sleep.”

This NATO working group is currently building a “sleep toolbox” for aviators and those who take care of them. The toolbox helps them identify and mitigate sub-optimal sleep habits.

According to Regn, the sleep toolbox will have educational resources on fatigue risk assessment with ways to mitigate this. It will also have information on insomnia, including cognitive behavioral therapy for insomnia and other sleep disorders.

“These resources will be made available through an

open source NATO website and secure offline application,” said Regn. “The application allows users to optimize their sleep and is a resource for reliable advice on improving sleep quality in operational settings.”

Similarly, the 711th HPW is also developing an application that can track current and future levels of effectiveness based on an individual’s sleep and wakefulness data.

Good sleep habits are closely related to overall health and performance.

“Sleep is an essential life function that many overlook,” said Regn. “Compromised sleep has significant consequences. About 80 percent of aviation accidents are due to human error, and pilot fatigue accounts for about 15 to 20 percent of that.”

According to Regn, many Airmen do not get enough sleep often due to behavioral factors. The demands of work, family and other responsibilities make getting a good night’s sleep a lower priority. Deployment can also add to sleep challenges.

“Poor sleep quality can be exacerbated by our mission



U.S. Air Force photo illustration

U.S. Airman sleeps inside a C-17 Globemaster III during a flight over an undisclosed location in support of Operation Freedom Sentinel.

tempo and demands,” said Regn. “In an operational setting, it can be hard to adapt, making it more challenging to complete long-range missions.”

The 711th’s sleep and fatigue research is aimed at equipping the Air Force with the information needed to assess effectiveness, identify risks that may impact the mission, and prevent aviation errors while improving the

health and safety of all Airmen.

“Our research, policies and mitigation strategies take into account that these Airmen have lives outside of their operational responsibilities that impact their sleep patterns and can cause fatigue,” said Gunzelmann. “We can equip Airmen with the right information to optimize their sleep habits to enhance health and mission performance.”

Soundproof

From Page 8

its aging fleet of HH-60G helicopters.

The J-PRIMES facility hosts similar test missions throughout the year. The facility provides an environment to facilitate testing air-to-air and air-to-surface munitions and electronics systems on full-scale aircraft and land vehicles before open air testing.

The J-PRIMES test data will be used to support specification compliance and check for defensive system discrepancies or concerns.

This is an early, but critical step in the developmental process of the new HH-60W. After J-PRIMES testing, this particular aircraft will begin flight test for its defensive systems.

“Developmental test has begun in earnest,” said Joe Whiteaker, the squadron’s combat rescue helicopter flight commander. “Every new event brings us closer to getting this aircraft to the warfighter, which is what we are really focused on.”



Honorary commanders tour mission... SUPPORT

U.S. Air Force photos by Senior Airman Jonathon Carnell



1) Ricardo Campos, 60th Civil Engineer Squadron fire protection lead, demonstrates fire extinguishing procedures during the 60th Mission Support Group honorary commanders tour Dec. 6, 2019, at Travis Air Force Base, California. Travis AFB’s honorary commander program allows base leadership to develop relationships with local, civic and business leaders. It also provides them the opportunity to learn about surrounding communities. 2) Jocelyne von Strong, 60th Air Mobility Wing Operations Group honorary commander, does a firefighter workout during the 60th MSG’s honorary commanders tour Dec. 6 at Travis. 3) Adithya Padala, 6th Air Refueling Squadron honorary commander, listens to a briefing during the 60th MSG honorary commander’s tour Dec. 6 at Travis. 4) Aarapaho, 60th Security Forces Squadron military work dog, follows commands during the 60th MSG tour.

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