

In Michigan, CRW Airmen hone ...

SKILLS

PAGES 16-17



Connect with others to boost effectiveness

There are huge responsibilities levied upon leaders in our profession; accomplish the mission, uphold good order and discipline and take care of our people.

Some expectations are easily quantifiable, like mission accomplishment (measured by on-time rates, aircraft generation data, etc.) and good order and discipline (assessed through status of discipline meetings and number of Uniformed Code of Military Justice or legal infractions). It is more difficult to judge how well we take care of our people. The failing isn't the lack of a metric,



Commentary
by Capt. Chad
Murray
6TH AIR
REFUELING
SQUADRON

rather not fully recognizing (or remembering) that taking care of people is directly related to mission accomplishment.

One of the best ways to take care of people is to know them. Since it is well documented that what gets measured gets emphasized and ultimately gets done, it is important leaders assess how well they are doing at taking care of people. I'm not proposing a new way to measure taking care of people, rather a renewed emphasis to leaders that this has a direct impact on a unit's effectiveness.

In Patrick Lencioni's book,

Commander's Commentary

"The Three Signs of a Miserable Job," one factor he identifies in those who are dissatisfied with their work is 'anonymity.' He explains that to feel fulfilled with work, people need to be known and identified as unique. They need to feel appreciated by someone in a position of authority. In other words, you have to know your people to show you care about them. Without this, they will often feel overlooked or undervalued as part of the organization or unit.

This is where the art of leadership comes in ... to get to know your people, your interest

needs to be genuine. This may require showing vulnerability or sharing personal stories that are relatable to help make a connection. And once that connection is made, make it clear you value it. For example, it goes a lot farther to ask 'How'd Johnny do in that soccer game on Saturday?' rather than 'How was your weekend?' The former shows an attention to what is important to that person, what they are interested in and that you are invested in them and have taken the time to appreciate the things that make them unique.

Maybe you're having a tough time understanding how this is important to your unit. Let me offer an example; most people have heard their parents say,

'I'm not upset with you, just disappointed,' after doing something wrong. The sting of that is greater than any amount of yelling or punishment because they care about you, and letting them down feels like a bigger failure than just making a mistake. This is the same connection leaders should try to cultivate within their units. I don't suggest that leaders simply make connections with members of their unit to guilt them into accomplishing the mission. Rather, let members know you care about them, and that what they do matters to you and to the mission. Once this happens commitment to accomplishing the mission will increase as the personal connection to it

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Balance an essential aspect of personal resilience

Commentary by Chief Master Sgt. Shane Hickman

6TH AIR REFUELING SQUADRON

The way I look at resiliency today is very different than when I joined the Air Force just a few years ago. The emphasis was just not put on it like it is today.

Not because previous Air Force leaders didn't care about the subject, rather, I feel we as a force didn't fully understand the importance of having or building it.

My generation of Airmen were honestly groomed under the "just suck it up

Chief's Commentary

and deal with it" mindset instead of supervisors and leaders being in tune with how much of a return you get from taking care of peoples' personal, spiritual, mental and physical resiliency.

Today, we have a better understanding of the importance of having resilient Airmen and the dividends resiliency adds as a force multiplier. We now have classes taught by master resiliency trainers to help us develop skills to deal with adversity.

Resiliency training doesn't stop there,

though, we now have courses to help us understand our own emotional intelligence, allowing us to better interact with others. All of these tools are great and immensely valuable to our Airmen, but there is still one aspect of daily life that is not stressed upon enough and is key in my eyes to one being resilient. That is the importance of balancing our professional and personal lives so that neither suffer and both flourish. This applies to married and single Airmen alike.

In my humble opinion, balance is key to a member being able to operate or consistently produce at a high level. Balance allows us to stay grounded and

focus on our families as much as we do our duty as Airmen even when we are getting crushed by daily tasks. We as an Air Force need to highlight this key aspect of daily life and help our Airmen maintain proper perspective. Help them understand if they don't have balance, they may be successful, but at a cost of losing either their careers or worse, their families. Many Airmen make it through unscathed without ever thinking about the concept of balance, but I know more Airmen than I can count that didn't. I want to share my story in hopes

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Airman looking to remove barriers

Tech. Sgt. James Hodgman

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Editor's note: This article is the second in a three-part series on diversity.

◆◆◆

"I'm proud to be in the Air Force and represent the nation I come from," said the young man.

He looks around the room and a smile covers his face. His eyes appear to light up like stars in the sky as he shares details of his home country, his motivation for joining the U.S. Air Force and how diversity makes the Air Force stronger.

"I believe I can help remove barriers and assist people from the United States and China understand each other more," said Airman Wang Zhe, 60th Comptroller Squadron military pay technician from Kaifeng, China.

Wang grew up in Kaifeng, the Northern Song Dynasty capital from the 10th to 12th centuries. As a child, he enjoyed watching TV, reading and playing sports. He is also a fan of technology and said he admires the F-22 Raptor and F-35 Joint Strike Fighter. He dreams of becoming an aviation engineer one day.

Wang moved to San Diego in April 2012 where he lived for a year. He later moved to Temecula, California, where he completed high school. After graduating in June 2014, he worked as a cashier at a restaurant and studied computer science at a community college.

He said there are several differences between Chinese and American culture.

High school in China featured 12- to 13-hour days filled with studying, said Wang. Students took classes in the morning, afternoon and evening, which is much longer than a typical day for a high school student in the U.S.



1) Airman Wang Zhe, 60th Comptroller Squadron, holds a lanting xu, Chinese calligraphy, June 20 at Travis Air Force Base, Calif. Wang uses the lanting xu to remind him of his heritage. 2) Wang poses for a photo. Wang is from Kaifeng, China, and joined the U.S. Air Force in September 2016.

Also, a lot of things considered to be Chinese in the United States are not representative of traditional Chinese culture, such as fortune cookies or General Tso's chicken, said Wang.

Wang joined the Air Force in September 2016 and completed the Financial Management and Comptroller Apprentice Course at Keesler Air Force Base, Mississippi, in February. He arrived at Travis AFB, California, in March and spends his workdays assisting the finance team with coding cases and managing service member debts.

"Wang has been a positive

force on the unit," said Staff Sgt. Richard Ellstrom, 60th CPTS financial services supervisor. "He is a true team player and has a positive attitude every day. He goes out of his way to give rides to team members without vehicles and recently helped our special actions team stay afloat during a manning shortage."

"We were recently in a pinch because 37 percent of our team was out of the office during a critical week in our monthly processing, and we had several deadlines approaching," said Ellstrom. "We needed to focus our efforts, so we trained Wang to

help out the special actions team with computing manual payments and he took to it like a bird to worms. It was impressive to see how much he accomplished."

During his short time with the 60th CPTS, Wang has helped the unit reconcile military leave by 93 percent and helped the unit in several other areas, said Ellstrom.

"He takes any work we throw his way and only needs to be shown how to do (something) once before he completes it correctly and sooner than we expect him to," said Ellstrom. "Then, he follows up to make sure it was done right and asks for more. It's

sometimes a bit of a process for me to get him to leave for the day."

As a member of the 60th CPTS, Wang is part of a diverse group of more than 60 Airmen from seven different countries and four continents. He said he enjoys being part of such a diverse organization focused on such an important mission.

"We live together, work together and serve together, that bond between each other makes us stronger," he said. "One of the greatest benefits of diversity, is it helps the Air Force accomplish its mission on an international level."

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Tailwind



Travis AFB, Calif.
60th Air Mobility Wing

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60th Air Mobility Wing commander

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On the cover

Members from the Joint Task Force-Port Opening element move equipment to the cargo staging area June 7 during Exercise Turbo Distribution 17-02 at Battle Creek Air National Guard Base, Mich.

U.S. Air Force photo/Tech. Sgt. Liliana Moreno

Travis NCO committed to helping others

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

He is a husband, father and an Airman with more than a decade of military service. His office is often the friendly confines of a KC-10 Extender, flying thousands of feet above Earth.

He is Tech. Sgt. Kenneth Cook, 6th Air Refueling Squadron boom operator instructor. He is responsible for ensuring 42 Airmen are fully qualified and mission ready.

"I train our new boom operators on refueling operations, ensuring they're capable of refueling U.S. and NATO aircraft and proficient with loading cargo," said Cook, a native of Orlando, Florida. "I also ensure boom operators who are fully qualified maintain their qualifications so we can complete our mission successfully."

Cook joined the Air Force in September 2006 and served six years in the security forces career field where he deployed three times in support of Operations Iraqi and Enduring Freedom. He was also one of four Airmen selected to teach urban warfare and combat skills to members of the Kuwaiti military, and served as a .50-caliber gunner on convoy security teams working with the U.S. Army in Shindand, Afghanistan.

All of those deployments were stressful, especially those moments where Cook provided security for 119 combat patrols, he said.

"There were only four Airmen on the convoy team representing our service and we wanted to do well," said Cook. "We were responsible for everyone in the convoy and snipers would often target heavy gunners. We patrolled a 50-mile radius. Our mission was to build relations with the Afghan people while



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

Tech. Sgt. Kenneth Cook, left, 6th Air Refueling Squadron, shares a laugh with Staff Sgt. Jack McCoy, 660th Aircraft Maintenance Squadron, inside a KC-10 Extender prior to loading operations June 17 at Travis Air Force Base, Calif. Cook oversaw the loading of more than 15,000 pounds of cargo prior to a flight to Joint Base Pearl Harbor-Hickam, Hawaii.

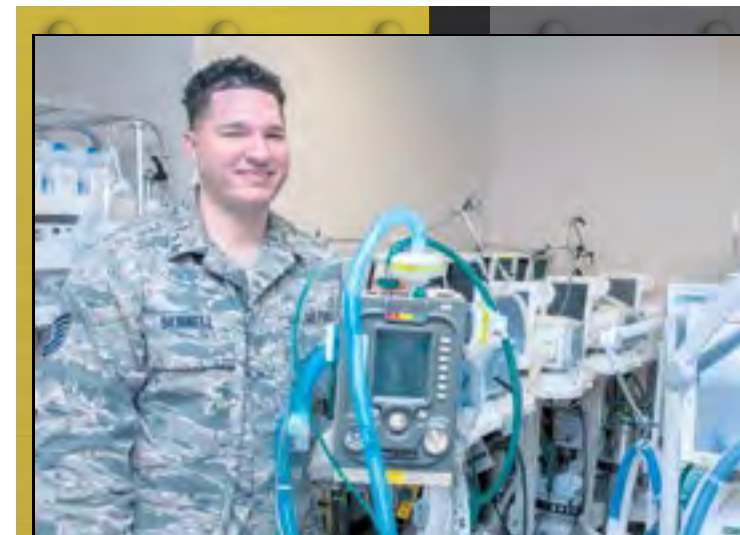
providing a show of force when needed."

In 2013, Cook was approved to retrain into the in-flight refueler career field. After completing the Basic Boom Operators Fundamentals Course at

Joint Base San Antonio-Lackland, Texas, followed by the Survive, Evade, Resist and Escape course, he arrived at Travis Air Force Base, California, in April 2014.

He deployed for the first time as a boom operator four months later in support of OEF and Operation Inherent

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U.S. Air Force photo/Louis Briscione

WARRIOR OF THE WEEK

Name: Tech. Sgt. Joshua Skinnell.	Duty title: NCO in charge of respiratory therapy.	master sergeant.
Unit: 60th Surgical Operations Squadron.	Family: Wife, Tynisha; four sons.	What are your hobbies? Playing with my kids; making music, playing video games.
Hometown: San Antonio, Texas.	What are your goals? Guide RT department into the best in the Air Force. Grow into a better man and eventual	What is your greatest achievement? Growing from who I was into a husband and father.
Time in service: Nine years.		

Airmen keep service members fit

Tech. Sgt. Jonathan Hehnly
386TH AIR EXPEDITIONARY WING
PUBLIC AFFAIRS

SOUTHWEST ASIA — In a deployed environment, injuries happen. Whether they occur in the performance of duty or through the course of physical exercise, they have the potential to impact the mission.

Each individual in the military, and their ability to perform their duties, plays an important role in the success of the greater mission. For the two-man physical therapy element at the 386th Air Expeditionary Wing, it is their role to keep members fit to fight.

"What we do is actually keep guys working," said Capt. Grant Tong, the 386th AEW physical therapy element chief. "When injuries occur, we help them return to duty as quickly as



U.S. Air Force photo/Tech. Sgt. Jonathan Hehnly

Tech. Sgt. David Garcia, middle, the NCO in charge of physical therapy, 386th Expeditionary Medical Group, monitors the workout of Staff Sgt. Melanie Hernandez, a patient with the 386th EMDG physical therapy clinic, as she performs squats on a stability ball during a physical therapy session June 11 at an undisclosed location in Southwest Asia.

possible. We help decrease the down days for fliers and keep security forces members armed. Our mission is pertinent in terms of keeping the mission running."

The physical therapy clinic at the 386th AEW is relatively new, with its establishment in January 2016. Prior to its

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BX pharmacy to dispense only refills

**60th Air Mobility Wing
Public Affairs**

To better serve beneficiaries, effective July 5, the Base Exchange pharmacy will only dispense refill prescriptions.

All new prescriptions from off-base providers and on-base providers will be processed at the second floor of David Grant USAF Medical Center.

The relocation will help

improve overall processing efficiency and effectively utilize available manning.

Most importantly, this will improve patient safety, decrease patient wait times and ease the transition as the base prepares for BX Pharmacy renovation.

The BX pharmacy is open from 8 a.m. to 6 p.m. Monday through Friday. The main pharmacy's hours are 8 a.m. to 5 p.m. Monday through Friday.

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Courtesy photo

A group of 35 Key Spouses and Key Spouse mentors at Travis Air Force Base, Calif., receive initial Green Dot training May 24 at a quarterly training session. The group was among the first spouses to receive the training.

Key Spouses among first to receive Green Dot training

2nd Lt. Sarah Johnson
60TH AIR MOBILITY WING PUBLIC AFFAIRS

A group of 35 Key Spouses and Key Spouse mentors at Travis Air Force Base, California, were among the first spouses to receive initial Green Dot training May 24.

The spouses were trained during their quarterly Key Spouse training session, which also included updates from wing leadership and a presentation on crisis communication and social media response.

Green Dot training is the first step in the Air Force's five-year strategy to decrease interpersonal violence across the service. The Air Force contracted the nonprofit Green Dot organization to provide violence prevention tools to the total Air Force over three years.

Key Spouses are trained volunteers selected by unit leaders to provide personal, peer-to-peer support for their

squadron's families.

Though Airmen and civilians are required to attend the training, opening it up to spouses and family members is a new concept.

"Key Spouses have a unique vantage point both within the community and the units they assist," said Autumn Lombardi, 60th Force Support Squadron community relations specialist and Key Spouse program manager. "This training will enhance their ability to share and promote the Green Dot way."

According to the "Living the Green Dot" website, Green Dot is built on the premise that individuals can measurably and systematically reduce violence within any given community. The program aims to empower each and every trainee to have the power to improve or eliminate a potentially violent situation using simple symbols: green dots symbolize positive actions and red dots symbolize

negative actions.

The organization molds itself around a quote by Robert F. Kennedy, "Few will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation."

Throughout the hour-and-a-half program, spouses engaged in interactive discussion, brainstorming in small groups and learning various techniques to help reduce a red dot situation.

"I think the training is great because you're engaged," said Vanessa Pearson, spouse. "This gave us tools to use and scenarios that were plausible."

After the training, spouses were invited to join the Travis Green Dot team by helping facilitate sessions or even become an instructor. Many were interested in applying.

The Green Dot training was

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Travis looks to halt DUIs

2nd Lt. Sarah Johnson
60TH AIR MOBILITY WING PUBLIC AFFAIRS

When the spring and early summer months saw an uptick in driving under the influence reports at Travis Air Force Base, California, a group of Airmen combined their skills to create a campaign with one simple overarching theme: #NeverDUI.

Col. Michael Tiemann, former 60th Air Mobility Wing director of staff, led a DUI task force comprised of Airmen and civilians from a variety of squadrons across the base. Together, they brainstormed and implemented several innovative ideas on how to effectively address the problem of DUIs.

"We attacked the situation with a holistic, modern approach," said Maj. William Cargill, acting 60th AMW director of staff. "We utilized traditional marketing techniques (and) new-age technology to reach and impact the largest spectrum of Travis Department of Defense personnel. This came in the form of banners, 'days since last DUI' signs, marquee reminders, handouts, word of mouth and an emphasis on 'taking care of each other.'"

To address the issue from all standpoints, the task force targeted different audiences through different means. Base leadership, including squadron commanders, chiefs and first sergeants, were encouraged to take responsibility for their subordinates through active leadership and mentorship, as well as disseminating DUI statistics, cautionary information and messages at commander's calls.

Travis Airmen and the general public were encouraged to engage in conversations about making smart decisions, as well as protecting their peers through a social media campaign using the hashtag #NeverDUI.

The campaign focused heavily on Memorial Day weekend and other weekends when drinking and driving was more probable. On the Friday before Memorial Day, volunteers handed each individual who drove on base a flier reminding him or her to



Courtesy photo

Volunteers from Airmen Against Drunk Driving and the DUI task force hand each individual who enters base a flier reminding them to drive safely May 26 at Travis Air Force Base, Calif.

drive safely. As cars exited the base that afternoon, they drove past base leadership holding signs encouraging individuals to be smart, utilize their resources and choose not to get behind the wheel after drinking.

The campaign's efforts showcased the base's concern for Airmen.

"We recognized an uptick in DUI's following last year's record low," said Cargill. "Looking back on historical data, we are not at alarming numbers. But even one DUI is too many... in striving for excellence, we want to keep our Airmen educated and continue to have the resources to move the mission."

The campaign also heavily promoted an organization called Airmen Against Drunk Driving. The purpose of AADD is to provide safe, reliable rides to Airmen of all ranks, dependents, DoD employees and contractors.

Since Jan. 1, AADD provided

66 rides and its 352 volunteers have worked 1,809 hours. In past years, the organization provided more than 900 rides per year and volunteers worked more than 4,000 hours.

"AADD is an Airman's contingency plan for the night out," said Airman 1st Class Gabriel Castillo Medina, 60th Civil Engineer Squadron and an AADD representative in the task force. "Plans fall apart sometimes and AADD is here to help. Drinking and driving is not an option."

Through the task force, AADD expanded its availability to Airmen by creating a text number, where Airmen can send a message and request a ride. AADD also has a number for Airmen to call.

"It's a backup in case plans fall through, so (Airmen) can have a way to make it home safely," said Senior Airman Adam Stainiger, 60th Diagnostics and

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Leader takes fini-flight



U.S. Air Force photo/T.C. Perkins Jr.

Tech. Sgt. Christopher Sabecky, left, and Chief Master Sgt. Michael Thomas, right, both members of the 60th Operations Group, douse Col. Christopher Maddox, 60th OG commander, with a bucket of ice water at the completion of his fini-flight, or final flight, aboard a C-17 Globemaster III at Travis Air Force Base, Calif. The final mission took place June 21 and nearly 100 well-wishers were on hand to celebrate Maddox's final flight.

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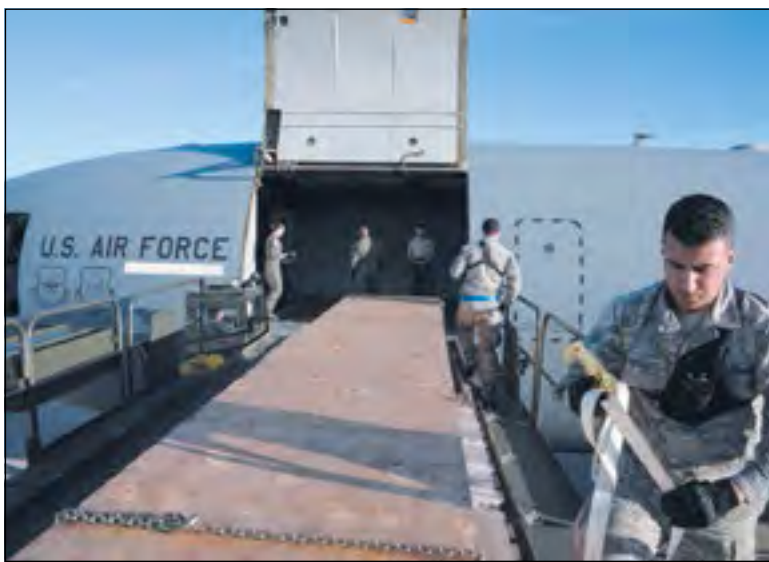
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Port passes 15k pounds on to Hawaii

Airman 1st Class James Hodge III, right, 60th Aerial Port Squadron, prepares to load a pallet onto a KC-10 Extender June 17 at Travis Air Force Base, Calif. Hodge helped load more than 15,000 pounds of cargo prior to a flight to Joint Base Pearl Harbor-Hickam, Hawaii.

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



AF creates space job for three-star

Secretary of the Air Force Public Affairs

WASHINGTON — Secretary of the Air Force Heather Wilson has approved the reorganization of the Air Force headquarters to establish a Deputy Chief of Staff for Space Operations, who will be a three-star Air Force general officer.

"This is the next step in our effort to integrate, normalize and elevate space operations in the Air Force," said Wilson. "The United States is dependent on space and our adversaries know it. We must organize and train forces to be able to prevail in any future conflict which could extend into space."

The new directorate will

begin operating in early August. Over the next two months, the Air Force will work to stand up the Deputy Chief of Staff for Space Operations directorate – or "A-11" – by establishing an initial A-11 cadre, establishing operations and identifying the senior leaders who will lead the new staff.

"A new three-star deputy chief of staff for space ... will increase decision making speed and help ensure freedom from attack and freedom to maneuver," said Air Force Chief of Staff Gen. David Goldfein. "The Air Force culture evolved to own the skies and is now best postured to lead space into this information age and prepare our people and

See **SPACE** Page 21

Handbag Bingo set for June 30

Kymerley Wayne
60TH FORCE SUPPORT SQUADRON

The 60th Force Support Squadron plans to celebrate Independence Day weekend with a popular morale event June 30 that sells out every time: Designer Handbag Bingo, red, white and blue style.

Doors open at 5 p.m. and games begin at 6 p.m. For the past three weeks, FSS Marketing Facebook followers have been voting on their favorite handbags, and six bags were selected including bags from Coach, Michael Kors, Zac Zac Posen, Kate Spade and Marc

Jacob. The FSS Marketing Team selected the remaining handbags and a total of 10 bags will be available to win. Designer Handbag Bingo card packages are first come, first serve and can be purchased at the door.

During round one, the first handbag will be given away for free. Those that want to continue to play and win the other nine handbags, may purchase bingo card packages. Bingo card packages come with two cards for 10 games and cost \$20.

All participants must be age 18 or older to participate.

Additionally, \$5 drink specials will be available and Fairways Grille will be open with a limited menu. Airmen Against Drunk Driving will be available to assist people who may need safe rides home.

"This night will not resemble your grandma's bingo games," said Allison Harris, 60th FSS marketing coordinator. "It promises to be a night filled with fun, laughter, good food and amazing designer handbags that can only be found at specialty store retailers."

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Wilson discusses communities

Secretary of the Air Force Public Affairs

WASHINGTON — Secretary of the Air Force Heather Wilson spoke about the important role communities play in supporting the Air Force mission at the 2017 Defense Communities National Summit June 19 in Washington, D.C.

Wilson emphasized how vital community partnerships are to the Air Force and outlined the symbiotic relationship military bases have with the communities outside their gates.

"You're here because you support the military," she said. "By working together we realize a stronger national defense, cost savings for taxpayers, and a better quality of life for Airmen and their families."

The community's role in retention, readiness

The biggest thing Wilson said communities can do to support Airmen is ensure quality education for their dependents.

As an example, Wilson spoke about the efforts occurring at Joint Base Charleston, South Carolina. The base is working with five schools, using grants and donations, to expand educational opportunities in science, technology, engineering, and mathematics. Due to those efforts, one South Carolina high school saw a 157 percent increase in the number of students achieving a qualifying score



U.S. Air Force photo/Wayne A. Clark

Secretary of the Air Force Heather Wilson speaks about the important role communities play in supporting the Air Force mission June 19 at the 2017 Defense Communities National Summit, Washington, D.C.

on a math or science advanced placement exam.

Wilson said medical care, jobs for spouses, housing options and overall quality of life also play a significant role in helping the Air Force retain Airmen.

"When Airmen can focus on the mission and have peace of mind their family is taken care of, it improves readiness and it helps retention," she said.

The service understands the unique challenges it brings to communities, especially as it relates to flying missions, according to Wilson. She said she appreciates the overwhelming support for the Air Force mission that communities near military installations provide and recognizes the many considerations that go into community

planning by local leaders and citizens.

"We notice when communities stand up for us, especially when it's hard to do," Wilson said. "In order to train our Airmen to ensure they're combat ready, we need your continued support."

In areas such as infrastructure, she said the Air Force can partner with communities to help reduce costs for both parties by designing joint training opportunities for first responders, and combining efforts to support community care programs.

"By working together our families, our communities, our military services, and our nation are all made stronger," Wilson said.

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Creech Airman balanced through bodybuilding



U.S. Air Force photo/Senior Airman Christian Clausen

Staff Sgt. Semaj, a 432nd Aircraft Maintenance Squadron supply craftsman, displays her back pose March 27 at Creech Air Force Base, Nev. Semaj is a nationally qualified amateur bodybuilder competing in the figure category.

Senior Airman Christian Clausen
432ND WING/432ND AIR EXPEDITIONARY
WING PUBLIC AFFAIRS

Editor's note: Last names removed for security purposes.

◆◆◆
CREECH AIR FORCE BASE, Nev. — As Staff Sgt. Semaj's alarm screeches throughout her bedroom at 2:30 a.m., she wakes for her morning cardio session, checks on her 6-year-old son, Jamel, and then laces up her running shoes.

Semaj, a 432nd Aircraft Maintenance Squadron supply craftsman, does this every morning to keep her body in shape in preparation for her next bodybuilding event where she hopes to earn her professional status.

As the light thud of her feet sounds on the harsh pavement she is focused and determined to get back on stage.

"Bodybuilding was on my bucket list," the South Florida native said. "It's been much more than that because the

gym is my happy place and I consider the stage my home."

During the preparation for her first competition in 2015, she found out her godbrother had passed, but she attributes weightlifting to helping her cope.

"When he passed, I found that the gym helped calm me down and helped me find peace knowing he's in a better place," she said. "I also knew he wouldn't want me to stop training."

That year she placed second in the bikini category of the Lackland Bodybuilding Classic.

Since then she has moved up in the category and, recently, competed in her first show as a figure competitor.

"I did pretty well in bikini, but I knew I would never turn pro in that category," she said. "I had to lose so much weight and muscle and it was very discouraging. I made the jump to figure because I want to go professional and step on the

See BODYBUILDING Page 14

Luke resumes local F-35 ops

56th Fighter Wing Public Affairs

LUKE AIR FORCE BASE, Ariz. — The 56th Fighter Wing resumed local F-35A Lightning II flight operations June 21 following an 11-day pause after five physiological events occurred during flights from May 2 to June 8.

No specific root cause for the physiological events was identified during recent visits from experts and engineers from the Joint Program Office, Lockheed Martin, the Air Force Research Laboratory and other organizations. However, specific concerns were eliminated as possible causes including maintenance and aircrew flight equipment procedures.

"Our active duty, reserve, and international team has worked tirelessly to better understand the physiological events," said Brig. Gen. Brook Leonard, the 56th FW commander.

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Bodybuilding

From Page 13

Olympia stage.”

While the stage is familiar to Semaj, coming from a performing arts school background, she said she still experiences butterflies.

As she posed in front of the judges at the 2017 National Physique Committee Southern Championships in Orlando, Florida, Semaj said a number of questions raced through her mind. What are the judges thinking? Am I smiling right? Does the competitor next to me look better?

After whittling the competitors down, the announcer called her number. She had taken second place, which was a significant achievement as it was her first competition in a new class.

“I was in shock,” she said. “My heart dropped and I had the biggest smile on my face, knowing all my hard work had paid off.”

Competing doesn’t just help her cope or inspire her confidence, it has also helped her become a leading role model in her family, despite any doubt she has encountered.

“My mom didn’t want me to get into bodybuilding at first,” she said. “As a kid growing up, she was my role model, but as I’ve started my journey she now looks up to me which is a great feeling.”

“A lot of people tend to make excuses (for) why they can’t do certain things, especially getting fit,” she said. “I hear things like ‘I don’t think I can, the diet is too hard or I’m too busy.’ I like to get up on stage and show it can be done no matter what.”

Semaj said the excuses most people make only drive her to chase her dreams even more, but to do so she maintains a strict schedule.

After her morning cardio she gets Jamel ready for school and drops him off on her way to



U.S. Air Force photo/Senior Airman Christian Clausen

Semaj, a 432nd Aircraft Maintenance Squadron supply craftsman, and her son Jamel, 6, strike a muscle pose April 2 at their home in Las Vegas.

work where she manages, orders and tracks parts to keep MQ-1 Predators and MQ-9 Reapers in the air.

Next, she picks her son up from daycare and takes him with her to complete another workout, this time with weights. Then it’s back home to do her own homework and help with his school work. Once the hard stuff and dinner are out of the way, they get to enjoy each other’s company by practicing Jamel’s football skills, reading and showing off their selfie photo talents.

“When I decided to start pursuing bodybuilding my first thoughts were how my little one was going to adapt because he’s my life,” she said. “We made the transition from fried foods to baked and we live an active lifestyle. When I go to the gym he plays in the child area and he’s adjusted well.”

Jamel will even join his mother during plyometric exercises and posing at home, giving her a run for her money on pushups.

Looking back before she joined the military, Semaj didn’t expect to accomplish all that she has to date.

“I saw my friends and the paths they were going down and I didn’t want that for myself,” she said. “I knew I needed to get outside of Florida

because with the mindset I had, I was going to either be in jail because of my friends or I’d still be living with my family.”

In 2007 she began talking to an Air Force recruiter between her college courses and working as a childcare provider. Shortly after she started, in her words, “practically living at the office” and spending most of her days helping the recruiter sign more recruits before, eventually, picking her own Air Force specialty code.

“One day my recruiter’s best friend came into the office and was talking about her job in supply,” she said. “She just sold it well and that’s how I chose my job.”

Ten years later, she doesn’t regret her choice. Being in the military has given her opportunities she didn’t expect and her appreciation for her job has never faltered.

“The saying goes ‘you can’t fly without supply,’” she said.

Looking forward, Semaj said she will continue to pursue her dreams of competing on the Olympia stage as a professional women’s bodybuilder while, also, chasing her education in sports medicine. No matter what, she will continue to inspire others and find a balance for herself as a student, Airman and mother through her love of bodybuilding.

Murray

From Page 2

fostered by leaders grows.

As leaders, it’s our responsibility to connect with our people, so we know what is

required to take care of them. When people feel cared for, they are more willing to make a personal investment in the organization and its goals. We are an organization of professionals, but all those professionals are people, and people function

best when they feel cared about. Leaders will benefit by remembering that taking care of people by creating connections is as important to unit effectiveness as any quantifiable metric and surely one of our largest responsibilities.



CRW Airmen hone JTF-PO skills during joint exercise

1) Staff Sgt. Jorge Hernandez, 821st Contingency Response Squadron aerial port supervisor, directs a forklift to the cargo staging area in preparation to move supplies to the forward distribution node to establish a theater level logistics flow June 7 during Exercise Turbo Distribution 17-02 at Battle Creek Air National Guard Base, Mich. 2) Aerial porters from the 821st Contingency Response Group get a mission brief. 3) Members from the 821st CRG work on setting up "tent city." 4) Staff Sgt. Steven Armbricht, 821st CRG security forces, responds to a simulated accident. 5) Senior Airman Zyus Medina, Tech. Sgt. Joshua Pospisil, and Staff Sgt. Ronny Cox, 821st Contingency Response Support Squadron, set up the radio frequency transmission system. 6) Airman 1st Class Calixto Mariano and Staff Sgt. Steven Armbricht, 821st CRG security forces, respond to a simulated accident.



Story and photos by
Tech. Sgt. Liliana Moreno
621ST CONTINGENCY RESPONSE WING
PUBLIC AFFAIRS

BATTLE CREEK AIR NATIONAL GUARD BASE, Mich. — Approximately 120 Airmen from the 821st Contingency Response Group stationed at Travis Air Force Base, California, deployed as part of a Joint Task Force Port-Opening team in support of Exercise Turbo Distribution 17-2 from June 6-15. The exercise is being conducted

along with 51 Soldiers from the 688th Rapid Port Opening Element stationed at Joint Base Langley-Eustis, Virginia, and 13 officials from the Defense Logistics Agency Headquarters.

"We all come into this team with different capabilities, and different areas of expertise," said Col. Justin Niederer, 821st CRG commander and JTF-PO commander. "It's great to combine the CRG's unique air base opening capability with the surface moving ability of RPOE, and the acquisitions and

contracting experience from DLA to build a seamless team as we prepare to respond anywhere in the world for combat and humanitarian operations."

The JTF-PO was deployed to demonstrate their ability to arrive at an austere airfield, receive airlifted cargo, move the cargo by truck to a forward location and stage it for distribution during a humanitarian aid and disaster relief scenario in the fictitious country of Michiganistan.

"The assessment team came in and met all their objectives,

submitted all their JMETS (Joint Mission Essential Tasks) on time, assessed the airfield, and made it ready for use," said Niederer. "The RPOE Element came in, and the DLA team integrated with the CR Forces, and have built a seamless team here on the ground."

Turbo Distribution provides valuable training to Airmen across all career fields. The JTF-PO team is made up of Airmen from a section of jobs, including security forces, aerial porters, aircraft maintenance, supply, medical, transportation and others

deployed in support of the exercise.

"Working together with other services and agencies in a joint environment provides an excellent opportunity for Airmen to learn new ways of doing things," said Capt. Daniel Richardson, JTF-PO J3 air operations officer. "They also learn how to effectively work together with unfamiliar partners. Most members in the CRW are being exposed to joint operations sooner than most would in their career fields, and that is an extremely valuable opportunity for them."

"Any mission the CRW is tasked

to execute will always involve joint partners, so it is imperative that we train the way we fight and that will always be joint," said Richardson.

The 621st Contingency Response Wing is highly-specialized in training and rapidly deploying personnel to quickly open airfields and establish, expand, sustain, and coordinate air mobility operations. From wartime taskings to disaster relief, the 621 CRW extends Air Mobility Command's reach in deploying people and equipment around the globe.

Puzzles

STR8TS

No. 339 Tough
Previous solution - Medium
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. 339 Easy
Previous solution - Very Hard
To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

Retiree Corner

Ellsworth squadrons celebrate first century

ELLSWORTH AIR FORCE BASE, S.D. — Bringing the past to the present, honoring 100 years of heritage, the 34th and 37th Bomb Squadrons and associated aircraft maintenance units have always played a significant role in the nation's defense - a heritage stemming from World War I that has only strengthened over time.

Always there to meet national security obligations, the teams have been breaking barriers through their long history of continual wartime or rotational

presence. Knowing history is important in understanding leadership and instills a sense of pride.

"Broadly speaking, history is about events that shape the human condition over the years," said Col. John Martin, commander of the 28th Operations Group at Ellsworth. "Heritage makes history human ... it's about the people within the events. It's about people whose leadership and character were instrumental and powerful enough to shape history. Culture is about connecting with that heritage and subsequently harnessing it to shape Raider posterity."

— Air Force News Service

Events and info

Give Parents a Break Program. Canceled due to federal civilian hiring freeze until further notice.

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., offered 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 Medical Center 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 11 a.m. Sunday at Church of Jesus Christ of Latter-day Saints Fairfield Stake Center, 2700 Camrose Ave., Fairfield.

DGMC Medical Center Chapel

- Latter-day Saints Service: 4 p.m. to 4:30 p.m. Sunday at DGMC Medical Center Chapel.
• For all other enquires, 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: 8 to 9 a.m., first Saturday of every month.

Twin Peaks Chapel

- Protestant Women of the Chapel: 9:30 to 11 a.m. Tuesday.
DGMC Medical Center Chapel
• Protestant Traditional Service: 10 a.m. to 11 a.m. Sunday.

Airmen's Ministry Center

- The Peak is open from 6 to 9 p.m. Monday through Friday at Bldg 1348. Home-cooked meal at 6 p.m. Tuesday's followed at 7 p.m. by Bible study.

In the next week...

fri Change of command and retirement. The 60th Maintenance Group hosts a change of command ceremony at 10 a.m. June 23 at Hangar P-14. Col. Earl Scott will relinquish command and Col. David Hammerschmidt will assume command. Scott also will host his retirement ceremony at 12:30 p.m. in Hangar-P14. All are invited.
Belay and open climb. June 23. Outdoor Recreation. 707-424-0969
sat Father's Day bowling appreciation. On June 24, Travis Bowl will celebrate Dad with \$1 bowling games. Bring the whole family. Shoes not included. For details, call 707-437-4737.
Scuba OWD. June 24-26. Outdoor Recreation. 707-424-0969.
Stand up paddleboard. June 24. Outdoor Recreation. 707-424-0969.
Disney 101. June 24. Outdoor Recreation. 707-424-0969.

call Twin Peaks Chapel at 707-424-3217.

60th FSS

Deals and events

- Teen Adventure Camp. From July 24-28, teens can enjoy stand-up paddle boarding, geocaching, hiking, whitewater rafting and more. Register at the Youth Center. Cost includes meals, transportation and equipment. Mandatory swim test for the camp as well as a mandatory parent meeting July 17 at the Teen Zone. \$85. For more information, call 707-424-5392.
Designer Handbag Bingo. June 30 at Cypress Lakes Golf Course. Doors open at 5 p.m. and gaming begins at 6 p.m. First handbag given away free, \$20 to play the additional 10 rounds. Head to the FSS Facebook Page to vote on bags. For more information and official rules, visit TravisFSS.com/HandbagBingo.
For more information on FSS, visit http://www.travisfss.com.

Recurring

- Air Force Office of Special Investigations. To report a crime, get a foreign travel brief or request information on joining AFOSI, report to Bldg. 380B, second floor. Send correspondence to AFOSI Detachment 303, 510 Airlift CR, Travis AFB, 94535. For more information, call 707-424-3115 or DSN: 837-3115.
Air Force Sergeants Association "Walter E. Scott" Chapter 1320. General membership meetings are at 3 p.m. on the second Friday of every month at Wingman's in the Delta Breeze Club. For more information, contact Senior Master Sgt. Angell Nichols or Tech. Sgt. Rebecca Linden de Romero.
Airmen's Attic. The Airmen's Attic is open

Support Group. Meets from noon to 1 p.m. the first Tuesday of every month at the Balfour Beatty Community Center and from 1-2 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 travspcombatpsts@gmail.com.
Government no-fee passports. All submissions of applications for government no-fee passports must now include: 1) A photocopy of Military Identification Card front and back; 2) Passport photo taken in the past six months; 3) Supporting document(s), proof of U.S. citizenship certified copy with state or county seal, if it involved a name change submit a court order or marriage certificate. Passport application cannot be handwritten and printed back to back and must be completed online with 2D barcode at website https://pftform.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 the new paperless website at https://jhns.release.dma.mil/public and fill out the information.
LGBT Alliance. General membership meetings take place at 6 p.m. the first Wednesday of every month at the Airman and Family Readiness Center. For more information, email lgbtalliance707@gmail.com or call 707-424-2486.
Mare Island Museum. Now a Blue Star Museum, which means active-duty military, reservists and their dependents are eligible for free admission from Memorial Day to Labor Day. 1100 Railroad Ave. on Mare Island in Vallejo. 10 a.m. to 2 p.m. Monday through Friday, 10 a.m. to 4 p.m. Saturday. 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.
Montezuma Shrine Club. Meets every third Thursday of the month at the Masonic Center, 412 Travis Blvd., Fairfield. For more information, call Mike Michaelis at 707-427-2573 or Cal Gitsham at 707-425-0060.
Motorcycle licensing and training. California Rider Education offers the Motorcyclists Training Course, the Basic Riders Course 2 and the Military Sportsbike Riders Course on base. MTC classes take place most

weekends. Motorcycles and helmets provided. Successful completion gives students a DL389 that waives the skills test at DMV. Course cost covered for active duty, reserves, some DOD and some NAF folks. Dependents welcome, but must cover own costs. All registrations done via phone at 1-800-966-3844.
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 in 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 aged 16 years 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 dependents. It is the RAO's responsibility to maintain open communication and to ensure retirees receive the service and the respect that they deserve. If you would like to apply for a volunteer slot and have three hours or more to give, call 707-424-3905.
SGLI and vRED. The Record of Emergency Data, aka vRED, and Servicemembers Group Life Insurance form are two of the most-critical documents a service member is responsible for maintaining throughout a military career. Commanders, Casualty Assistance personnel and Mortuary Affairs personnel rely heavily on these two documents as a vital source of information when a crisis occurs resulting in serious injury or death of the service member.
60th Air Mobility Wing Information Protection Office. The office has the following walk-in customer service window hours: 8 to 11 a.m. and 1 to 4 p.m. Monday through Thursday as well as window hours from 8 to 11 a.m. Friday. For emergencies, call 707-424-3114.

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.
Toastmasters. The Travis Toastmasters meets at noon on the first and third Tuesday of the month in the USO Lounge. Toastmasters is an organization that helps people practice communication, as well as build on skills they already have. All are welcome to attend. For more information, call Nicole Culberhouse at 478-273-1760.
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 Heritage Center. The facility is looking to add to its historical collection. It is missing the past 15 years of conflict in which Travis was involved. Do you have something special to donate for generations to appreciate? The center also seeks volunteers. The gift shop is open 11 a.m. to 4 p.m. Tuesday through Saturday. For more information, call Rick Shea at 707-424-5598 or email richard.shea@us.af.mil.

Travis Legal Office. Power of attorney and notaries are walk-ins 9 a.m. to 2 p.m. Monday, Tuesday, Wednesday and Friday, 9 a.m. to 1 p.m. Thursday. Legal assistance for active duty members and dependents are walk-ins from 2 to 3 p.m. Tuesday. For all wills and retiree legal assistance, call 707-424-3251 to make an appointment.

Voluntary Leave Transfer Program. The following Travis employees are approved as leave recipients through the Voluntary Leave Transfer Program:
• Vincente Arespacochaga Jr., 60th Medical Support Squadron.
• Cheryl Brown, 60th Air Mobility Wing.
• Nicole Miller, 349th Maintenance Squadron.
• Jessica Trimble, 23rd Combat Communications Squadron.

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 1 p.m. third Saturday of the month at Nut Tree Airport. For more information, call James Harris at 707-631-6361.

What's Cookin' Wednesday. Free lunch at the Travis AFB USO building 1348. Served from 11 a.m. to 1 p.m. every Wednesday. For active duty, Guard, reservist and their families.

THE FLIP SIDE

Airmen complete FTAC



U.S. Air Force photo/Staff Sgt. Scott Taylor

Congratulations to the latest Airmen to complete the First Term Airman Center Course. Alphabetically: Airman Christian Archie, 60th Medical Support Squadron; Airman 1st Class Brooklin Billingsley, 60th Aircraft Maintenance Squadron; Airman 1st Class Jerick Bongalorta, 60th Maintenance Squadron; Airman 1st Class Lucius Brundage, 60th Diagnostics and Therapeutics Squadron; Airman Basic Nathaly Eva Bustamante Castillo, 60th Force Support Squadron; Airman Jacob Calvert, 660th AMXS; Airman 1st Class Casey Cranford, 60th MDTs; Airman Ackeem Dehane, 60th Operations Support Squadron; Airman 1st Class Valeria Huerta, 60th MDTs; Airman 1st Class Kymber Keaton, 60th Aerospace Medicine Squadron; Airman 1st Class Matthew Lavergne, 60th AMXS; Airman 1st Class Leannza Lyke, 60th AMXS; Airman 1st Class Jonathan Negron, 60th MXS; Airman 1st Class Adrian Nelson, 60th Logistics Readiness Squadron; Airman Enrique Ojeda, 60th OSS; Airman Deondra Oliver, 60th FSS; Airman 1st Class Jared Opat, 60th MXS; Airman 1st Class Anthony Palacios, 60th MXS; Airman Alyssa Palomares, 60th MDSS; Airman 1st Class Robert Peppers, 60th AMXS; Airman 1st Class Curtis Roggow, 660th AMXS; Airman 1st Class Ma Lorena Sierra, 60th Inpatient Squadron; Airman 1st Class Ma Ashley Talvo, 60th CES; Airman Basic Dechanel Walker, 60th LRS; and Airman 1st Class Trevon Walker, 60th OSS.

REEL TIME
Here are the showtimes for this weekend's movies at the Base Theater:
Today
• 6:30 p.m. "Transformers: The Last Knight" (PG-13, first run)
Saturday
• 6:30 p.m. "Transformers: The Last Knight" (PG-13, first run)
Sunday
• 2 p.m. "Transformers: The Last Knight" (PG-13, first run)

Hickman

From Page 2

that it resonates with each and every one of you.

Like many of you, I have sacrificed much to get where I am. I've missed birthday parties, anniversaries, football games, basketball games and much more. I didn't always recognize that I was not sacrificing alone. My family has sacrificed right along with me. My wife and kids are the ones that had to pick up the slack while I was on temporary duty or deployed.

When I was a young Airman and non-commissioned officer my sense of duty overpowered my need to be present in daily life with my family. I was that

guy that never said no, instead I volunteered to go on missions even when I really didn't need to. I sacrificed valuable time with those most precious to me and didn't see the damage I was doing until it was almost too late. Well, I am here to tell you it is never too late to make a change. It is never too late to be present in your families' lives.

I know what you are probably thinking: "How could you be that way, chief? I would never do that to my family." Well, I truly thought I was doing the things needed of me as a husband and a father. Providing monetarily for my family and ensuring they had what they needed was enough. I felt the time I was spending with them was quality time but once I took

a deeper look at my actions, I was many times present in body but not of mind. Bringing home work became normal for me and when I didn't bring it home I stayed late to take care of it. Often, I stayed to do work that could inevitably have been done the next day. Turns out, I was failing in the most important aspect of my life and just didn't recognize it. To me, being a good husband and father is my number one priority and if I am failing at those two very important duties, am I truly doing what is needed of me to be a successful leader and take care of my Airmen?


After listening to my wife and kids, all they really wanted from me was to be present. When I say present, I don't

mean that I needed to be with them 24/7 ... I mean I needed to make every second count. The time spent with them needs to be all about them, leaving the daily to-do list at work behind. Now, I understand there are times when we must stay late at work or be away from family in order to accomplish our mission. You know what, if you communicate that with your family, they will understand too. I found the key is to communicate often and ensure the time spent at home is truly quality time and not just "time."

My hope is that my story will help workaholics just like me take a closer look at what is


important in their lives and ensure they take a long hard look at their priorities. One can never be truly balanced in life, but if we are making a conscience effort to examine ourselves from time to time, we can be successful in many aspects of our lives.

My philosophy is to give my family 100 percent of me first and then give the Air Force 100 percent of what's left. By doing that, I feel I am able to give both 100 percent of what I have available. The overall goal is to hopefully be successful in both aspects of life and leave the Air Force with your family intact and proud of your service to them and your country.



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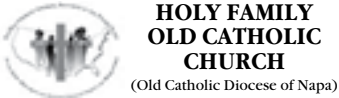


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Training

From Page 6

fantastic," said Danielle Garcia, spouse. "The role playing and critical thinking activities coached to us will make it easier to approach a situation in the future. Since the Green Dot Program was created by evidence-based research, we can feel confident knowing that we are aware of best practices."

Because of the interactive

nature of the training, as opposed to a traditional informational presentation, spouses said many lessons would stick with them, including the 3D technique to help an at-risk individual – direct, delegate and distract – and the ACE acronym: Ask, care, escort.

"My absolute favorite statement from Green Dot was referring to the slow, collective cultural shift," said Garcia. "This is a technique that applies to many situations, as we are all on this planet together.

In the situations of interpersonal violence prevention, creating a cultural shift to make our military family feel safe and approachable in times of duress strikes me as the priority to overcoming the weaknesses we have."

"We have all read the paraphrase, 'Be the change you wish to see in the world,'" she said. "This training passed on skills and knowledge so that bystanders have the tools to create a safe environment and aid in prevention."

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Wednesday:
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Service Times
Saturday: 6pm
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Space

From Page 10

systems to achieve space superiority so the warfighter has what's required to win."

The deputy chief of staff for space operations will be the advocate for space operations and requirements to meet the demands of a warfighting domain, according to Air Force officials. The directorate will also consolidate space functions from multiple parts of the Air Staff.

On June 9, Deputy Secretary of Defense Robert Work reaffirmed the Secretary of the Air Force will continue to be the principal adviser to the Secretary of Defense on space over the next year, giving Air Force and DOD leadership time to revalidate the current approach.

As the principal adviser, the Secretary of the Air Force has responsibilities to guide and advocate for space related programs across all services and defense agencies.

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Barriers

From Page 3

“The Air Force is a global power,” he said. “We have the capability to provide rapid response nearly immediately for any disaster and diversity helps our Airmen wherever they go by enabling improved communication and understanding in other countries.”

The Air Force has supported combat and humanitarian missions all over the world. In May 2008, two Air Force C-17 Globemaster III aircraft delivered relief supplies including food, water and generators to Sichuan Province in China after more than 32,000 people were killed in a devastating earthquake. In April 2016, the Air Force helped deliver

more than 30 tons of supplies to Japan after a pair of earthquakes rocked the island nation.

Capitalizing on diversity in the future will help the Air Force continue to be the global power it is, said Wang.

“It is important the Air Force celebrate diversity and cultivate units of inclusion because we are representing the United States and we protect the Constitution of the United States against all enemies,” he said. “We need everyone from different backgrounds to come together to make a fist. Without inclusion, we are not able to use all the power (we have) to reach our goals.”

“Peace is the ultimate goal, but it won’t be possible if we don’t understand one another,” he said.

NCO

From Page 4

Resolve. During that deployment, he flew 20 combat missions over Iraq and Afghanistan and refueled 108 aircraft. His efforts enabled 12 strikes against anti-coalition forces.

Cook returned from his most recent deployment in March, where he reached a significant milestone; 101 combat missions and earned his fifth air medal.

“I feel like I’m part of an elite group after completing 100 combat missions in the air,” said Cook. “I have over 100 convoys, over 100 combat missions in the air...now I just have to do something in space.”

Master Sgt. Lucero Stockett, 6th ARS boom operator superintendent, said Cook is a role model for his peers.

“Sergeant Cook is beyond the model Airman,” he said. “He leads by example and is an extremely talented instructor. Within the squadron, he makes sure his Airmen are always taken care of and epitomizes the role of a non-commissioned officer.”

“He has vision and passion for what it takes to make the perfect Airman,” said Stockett. “Without Cook, the 6th ARS would not be where it currently is. He contributes a lot to the 6th ARS family and to the Air Force.”

Taking care of Airmen is important, said Cook. So important, he volunteered to become a Master Resiliency Training instructor in July 2016 to help Airmen get through difficult times.

“I wanted to have the opportunity to affect the base,” said Cook. “I know people have gone through things worse than I did. Many had to persevere through struggles growing up and may not understand how to deal with that today. Many people have been through struggles in life and may feel like the whole world is collapsing on them. I wanted to give people an outlet and show them how to deal with those difficult situations.”

To date, Cook has led 20 MRT classes and taught more than 400 Airmen resiliency skills. In each class he shares what it was like growing up with a single mother in a poor

neighborhood.

“We lived in a tough neighborhood and my mother worked three jobs to support us,” said Cook. “She did everything she could for us. She would take us to the dollar store and get us something small, just so we could have some hope.”

Eventually, Cook started stealing to help his family.

“I know what it’s like to have nothing, to not have Christmas presents or have food on Thanksgiving,” he said. “I wasn’t stealing because I was a bad person. I wanted to take all the stress off of my mother. I felt like, if she didn’t have to spend money on me, I’d be OK. I would steal clothes so she wouldn’t have to buy me school clothes and I was always fighting.”

Cook was arrested multiple times between the ages of 13 and 17 for a variety of assault-related incidents. After he was arrested for an assault in the summer of 2005 while trying to protect his sisters, a former Marine working in the Orange County Jail encouraged him to change his life and consider serving in the U.S. military.

“He told me, ‘To be a man you don’t have to try and be bad,’” said Cook. “He said, ‘Being a man is about protecting your family and honoring your mother. Don’t be a stereotype.’”

Cook heeded those words and is now a veteran of 11 years of Air Force service, the proud father of a one-year-old boy and will soon celebrate his eighth anniversary with his wife, Tech. Sgt. Asia Cook, 60th Maintenance Group NCO-in-charge of C-17 Globemaster III maintenance training.

Today, he uses his experiences to help others, including the homeless. He recently coordinated a quarterly volunteer event with Mission Solano, an organization dedicated to providing shelters and services for homeless people in Solano County. Every three months Cook and dozens of Airmen from the 6th ARS volunteer at a Mission Solano shelter in a variety of capacities including assembling beds, sorting clothing, serving food and cleaning the grounds.

“There are kids out there in homeless shelters who need good role models,” said Cook. “One of those kids could grow

up to be a pilot, a sensor operator or be the person who changes the Air Force for the better 15 years down the line.”

“If I can change one person’s life and give them a gift or feed them, I feel complete, I feel like I’m receiving my blessing,” he said. “Life’s about what you put into it. I want to do my part so when I do leave this Earth, my son, he’ll be proud of me and hopefully I have a positive impact on my Airmen in the process.”

According to Lt. Col. Justin Longmire, 6th ARS command-er, Cook has had a significant impact on many Airmen.

“He has had a bigger impact on my unit’s climate and culture than any other Airman,” said Longmire. “A year ago, we were looking for a unit charity to partner with. An organization that could benefit from a lot of strong and capable Airmen doing lots of work for them on a regular basis and at the same time, provide some perspective and mentorship opportunities to our members.”

“Cook personally reviewed dozens of charities before recommending Mission Solano,” said Longmire. “At least once every quarter, he coordinates a unit visit to Mission Solano where we serve meals, organize their thrift shop, assemble furniture, clean a mobile kitchen, pick up the grounds, and do any other manual labor they ask of us. He mentors a different set of NCOs every time. He’s single-handedly leading the way with resiliency, mentoring, community relations and community service in the unit, which is absolutely amazing.”

Cook was nominated for the 2017 Spirit of Hope Award and the 2017 Blacks in Government Meritorious Service Award for his efforts serving the community.

He said his passion for helping people is endless and he has some advice for America’s Airmen.

“Don’t judge a book by its cover,” he said. “I wasn’t a good person growing up, but you can turn that around, especially if you have mentors and supervisors that care about you. We’re all human. We all make mistakes. How you bounce back from those mistakes defines who you are.”

Fit

From Page 5

implementation, injured members would either have to travel to the nearest Army clinic for treatment, deal with the minor injury, which often times caused it to get worse, or in the most severe cases, be deemed not fit to fight and sent home.

Tong believes in doing what he can to help keep service members of all four branches, and coalition forces, in the fight, he said.

“Physical therapy can decrease the severity of the injury along with helping the member actually get better and return to duty quicker,” said Tong. “A lot of times if physical therapy was not available, an injured member would suffer an injury that could have been resolved way earlier, and then when they get back home, an injury that could have been very minor turns into something very large and exponential.”

Tong and Tech. Sgt. David Garcia, the NCOIC of physical therapy, provide an array of services to support the permanent party population of two wings, as well as transient personnel passing through on their way to and from other bases.

The physical therapy clinic’s services include musculoskeletal evaluation and treatment, rehabilitative exercise, stretching,

neuromuscular education, postural awareness and therapy for pain management. They also offer clinical expertise in orthopedics, strength and conditioning, trigger point dry needling and manual therapy.

“We are one of the most utilized services here at the medical facility,” said Garcia. “Some people come out here and start training a little harder trying to reach their fitness goals and they may not be doing the exercises correctly. It’s important to have our team on board so we can keep these guys fit to do things safely, while they are achieving their goals and to ensure that they can continue doing their jobs they’ve been tasked to do out here as well.”

Anyone can make use of the physical therapy services offered, even if they are not injured. The clinic provides preventive care classes and information on lifting form and techniques, as well as, weekly foam rolling and squat classes.

“The physical therapy clinic holds classes on those type of things so even if you are not specifically injured you gain a lot of information that you can take back home to your home station and can continue to maintain throughout your career,” said Staff Sgt. Melanie Hernandez, a patient with the 386th EMDG physical therapy clinic.

On a day-to-day basis Garcia and Tong see approximately

“The Air Force wants you top notch 24/7 and physical therapy helps you do that.”

— Staff Sgt. Melanie Hernandez

20 patients, providing care to everyone from special operatives down to the Airmen working in the dining facility. Being the only Air Force physical therapy clinic in the region, it saw more than 1,200 patient visits in the past four months, breaking its own record by servicing over 75 people more per month than the two previous rotations.

“When we are not out here handling the mission we have the time to work on personal goals and part of that is maintaining physical fitness,” said Hernandez. “Having physical therapy out here teaches you how to do everything that you are trying to do and how to maintain the physical standards but doing it in the right way so that you are not prone to injury. The Air Force wants you top notch 24/7 and physical therapy helps you do that.”

For more stories from 386th Air Expeditionary Wing Public Affairs, visit <http://bit.ly/2sZDq0R>.

Halt

From Page 8

Therapeutics Squadron. “Once (Airmen) drive home drunk once, they can become complacent and it can then become a habit. Eventually they will get pulled over for something small like a tail light being out and there goes everything they have worked for.”

The volunteers of AADD and the task force are passionate about educating and protecting Airmen from the life-altering effects of drinking and driving.

“I have strong support for this program because I don’t like when one small choice can have such a huge consequence in someone’s life,” said Stainiger. “Even if I help prevent just one person from having to go through that in their life, it makes it worth all the hours put in.”

“Each time someone calls and is helped out by AADD, we call that a ‘save,’” said Cargill. “We keep track of how many ‘saves’ our AADD team makes. This is important because we cannot afford to lose



Courtesy photo

Volunteers handed each individual who entered Travis Air Force Base, Calif., the above flier reminding him or her to drive safely May 26.

anyone. Every Airman is immensely valuable to the Air Force mission. Aside from the mission aspect, every Airman is someone’s son, daughter, mother, father, neighbor, teammate or wingman. We are all human, we all make mistakes, plans fall apart, but our AADD team is always there as a safety net to get everyone home safe.”

AADD is a free service. It is run by volunteers and is available between 10 p.m. and 3 a.m. on Friday and Saturday. To request a ride, call 707-424-2233 or text 707-389-6602.

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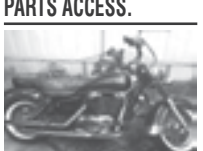
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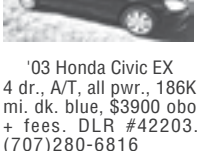
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Copy Acceptance • Cancellations Payment • Adjustments

Copy Acceptance: The Tailwind reserves the right to classify all advertisements, to delete objectionable words or phrases or to edit or refuse any advertisement. Classified advertisements are accepted in good faith and must specify a bonafide offer. The Tailwind accepts only standard abbreviations and requires proper punctuation. Better results will be secured from ads that are easily read and understood.

Cancellations: Deadlines for ad cancellations are the same as those for placing ads. You will be billed only for the days your ad actually runs, unless it is a special rate package.

Payment: All ads are accepted subject to credit approval. (Some classifications must be pre-paid). The Tailwind may require payment in full before accepting new ad copy or require cash with copy.

Adjustments: Please check your ad the first day it is published. If you find an error, please call 427-6936 so we can make a correction and, if necessary, adjust your bill.

Deadlines

To place, correct or cancel an ad. To ensure publication, the advertiser must meet the current deadline schedule. In the event of a holiday, special section, or unforeseen circumstances, advance deadlines may be in effect.

Classified In-Column Ads

Tailwind (Friday).....Wednesday 5:00pm
Faxed Ads.....2 hours earlier than above deadline

Where To Find An Ad

100 - Announcements	500 - Employment
200 - Real Estate	600 - Merchandise
275 - Commercial Prop.	675 - Pets, Farm & Garden
300 - Rentals	700 - Recreational Vehicles
400 - Bus. Op. & Financial	800 - Automotive

Ready For Takeoff

Must Sell
Place an ad in the Classifieds and watch your merchandise fly out the door. With more than 26,000 readers, the Classifieds are sure to help you soar to new heights and connect with a buyer. Our friendly sales staff is standing by to assist you. Call (707) 427-6936 Monday - Friday, 8am-5pm.

TAILWIND... YOUR CLASSIFIED TOWER CONTROL SPECIALISTS.

To place your ad, call (707) 427-6936 OR FAX (707) 425-5924, OR e-mail drclass@dailyrepublic.com

0827 HONDA
'05 Accord LX A/T, 4 cyl., all pwr., great MPG! All fwy. mi. 180K. Sale \$4999 obo. DLR #42203. (707)280-6816
Quinterosautosales.com

'96 Accord EX. 4 dr., A/T, 4 cyl., lthr., mnfr., all pwr., clean, 144K mi., great MPG! \$3600 + fees. DLR #42203. (707)280-6816
Quinterosautosales.com

0838 MERCEDES BENZ
'12 Mercedes Benz E350 Dealer maintained V6, A/T, leather int., black ext., excellent cond., super clean in/out. Nav - GPS. low, low 35K mi.. Must sell due to health. \$29,995 obo. 707-422-4473, or 503-964-9882

0841 NISSAN
'00 Maxima GLE A/T, V6, blk. lthr., clean! New tires, oils, etc. 177K mi., all fwy. \$3700 DLR #42203. (707)280-6816
Quinterosautosales.com

'05 350Z. Touring sports, A/T, blk. lthr., low 126K mi., new brakes/oils/belts, etc., clean title & smog. \$6900 obo. DLR #42203. (707)280-6816
Quinterosautosales.com

'09 Sentra SL A/T, all pwr., blk. lthr., moonroof, clean in/out! \$4900 obo. DLR #42203. (707)280-6816
Quinterosautosales.com

0850 TOYOTA
'12 Camry SE. Like new, 87K mi., 4 dr., A/T, A/C, 4 cyl., 32 mpg, garaged, well maintained, loaded, cosmic blue, \$12,000. 707-720-8125

0841 NISSAN
'10 Cube S. A/T, all pwr., clean & smog, 121K mi., great on gas 44+ MPG! SALE! \$4999. DLR #42203. (707)280-6816
Quinterosautosales.com

Providing Loans Locally!

Fulfilling the dream of Homeownership for our Veterans since 1994

We can **EASILY** close a VA loan transaction in 19 - 22 days here locally, So if you want to get it done **Quickly** at a **Great Rate** and **Low Fees**, with the same person from the beginning till the end, **Let's Talk.**

Great Service, Excellent Communication, Experienced VA Underwriters, Local Office!

We have **NO OVERLAYS!** We can do a VA Loan 2 yrs after a Short Sale, Foreclosure or Bankruptcy **AND** we can do scores down to 580 and ratios up to 65%!

We know how to structure a VA No No... No down, No closing costs! 0 Nada!

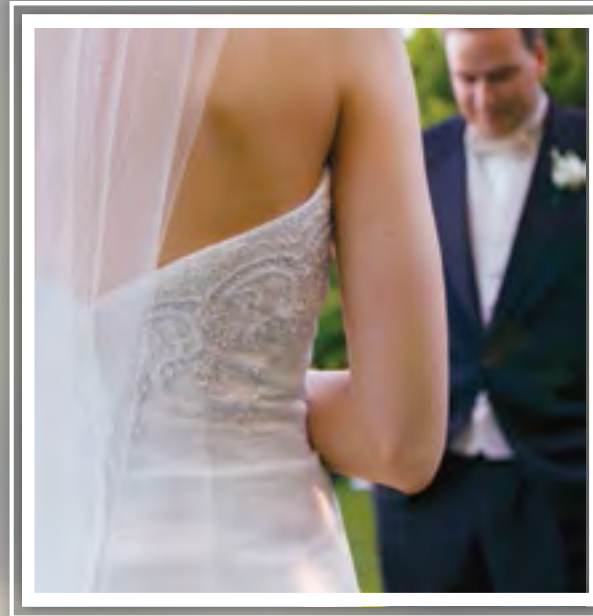
We have been able to successfully get COE's approved when other companies cannot get your eligibility restored!

We regularly beat other lenders quotes and we are right here Locally near the 'In and Out Burger'.

START HERE! We will quickly approve you for your VA loan and we will refer you to a great REALTOR® who will show you homes in your price range and will negotiate the seller credits you need to keep your out of pocket expenses to a minimum!

George R. Kalis
707-759-5129
1300 Oliver Road, Ste 140, Fairfield, CA 94534
George@MyMtgMan.com • NMLS #270402

Peoples Home Equity, Inc. NMLS #63371
Peoples Home Equity, Inc. is an Equal Housing Lender and is licensed through California Department of Business Oversight RML #415.0042 and CA Lic #4130946

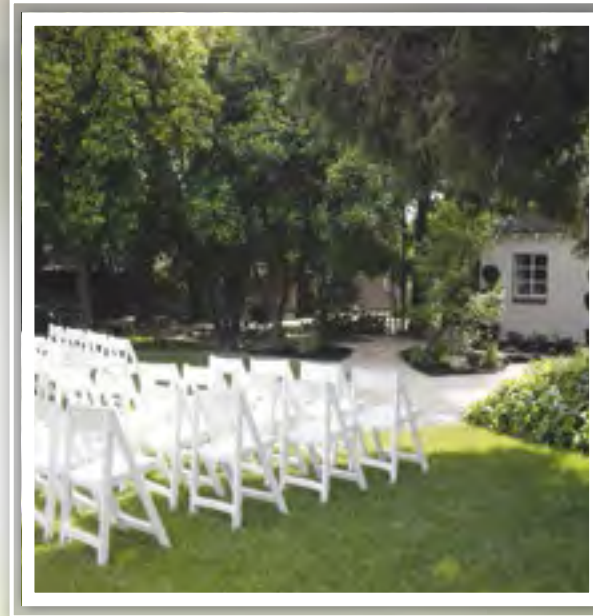


weddings

anniversaries

birthdays

corporate events



*McNaughton
Park*

great jones street
downtown fairfield
707.427.6927



1) A U.S. Navy propulsion shaft is secured for transportation to the Pacific theater in a C-5M Super Galaxy June 9 at Travis Air Force Base, Calif. As the largest aircraft in the U.S. Air Force's inventory, the C-5M Super Galaxy serves as mobility air forces primary strategic airlift platform for transporting oversized and unconventional cargo.

U.S. Air Force photo/ Staff Sgt. Charles Rivezzo

Travis supports Navy ... SHIPMENT

2) U.S. Navy propulsion shafts are staged and prepped for shipping to the Pacific theater in a C-5M Super Galaxy May 25 at Travis Air Force Base, Calif.



2



3

3) The equipment was shipped to the Pacific to allow repairs to ships forward deployed there.

U.S. Air Force photo/Louis Briscese

U.S. Air Force photo/Louis Briscese



The graphic features a blue background with a stylized sun. On the left, there are palm trees, a beach umbrella, and a beach ball. In the center, an orange convertible car is shown. Below the car, several \$100 bills are fanned out. The text 'THE SPRING AUTO REFI & REWARDS' is prominently displayed in white and orange. To the right, the offer details are listed in orange: 'NO PAYMENTS FOR 90 DAYS + GET 100 BUCKS'.

Treat yourself to some “fun in the sun” with a 3-month break from Auto Payments and \$100


Spring Auto Refi & Rewards Offer

Move your Auto Loan by July 31, 2017

- ✓ Get \$100*
- ✓ Defer monthly payments up to 90 days**
- ✓ Possibly lower your monthly payments

Just call, click or stop by!

-  Call (707) 449-4000
-  Learn More
www.traviscu.org/spring-auto-refi
-  Stop by our TAFB Branch
659 Skymaster Drive

 TRAVIS CREDIT UNION

*This offer is for refinancing of an auto loan from another lender. Cannot be combined with other consumer loan offers and is not valid on existing Travis Credit Union loans or loans paid to individuals. To qualify, auto refinancing applications from another lender must be submitted on or after May 15, 2017 and no later than July 31, 2017. Auto refinancing loan must be at least \$15,000 and member or nonmember must have valid registration in order to qualify for this offer. \$100 will be deposited into primary member's savings account within 45 days of the loan funding date. Member is responsible for applicable tax consequences associated with this offer. Please consult your tax advisor. Rates based on creditworthiness and age of vehicle.

**90 days deferred payments: The interest on your vehicle loan will continue to accrue from the date your vehicle loan is funded.

Everyone who lives, works, worships or attends school in our 12-county area is eligible to join. Certain requirements may apply.

Federally insured by NCUA.