





Air Force offers tips to boost resolutions

Commentary by Mary Nelson, Ph.D.

60TH AEROMEDICAL AND DIAGNOSTIC SOUADRON HEALTH PROMOTIONS FLIGHT COMMANDER

f you are like many people, Jan. 1 marks the day that you and your family planned to begin eating better and to become more physically active. By now though, you may have found that Valentine's Day and the winter doldrums are just a few of the many bumps on the road to a healthier new year.

Year's resolutions, here are a few tips: Knowing what to shop for can make it easier to bring balanced nutrition home

If you are looking to restart your New

Commentary

to your family. The U.S. Department of Health and Human Services' national We Can! program provides a "Go, Slow. Whoa" food chart to help make healthier choices.

By adding more "Go" foods to your grocery list - whole grain breads. fruits. vegetables, nonfat dairy products and other foods that are low in calories and high in nutrients - you can create family meals that are delicious and healthy. The chart also can help you identify "Slow" foods – those higher in fat and calories that should be eaten less often -

and "Whoa" foods – those highest in fat and calories that should be eaten once in a while and in smaller portions.

Understanding the difference between portion sizes and serving size is another way to help your family maintain a healthy weight. A portion is the amount of a food or drink you consume while a serving is a measured amount.

The We Can! program also provides healthy eating plans and tips to help you and your family better understand nutrition labels on food packaging so you can avoid having multiple servings in a single portion.

If the winter weather has curtailed

your plans to be more physically active, try moving indoors. Take the stairs at work or walk briskly around the mall. Even raking leaves can bring the family together for some physical activity. You can find other tips like these and download free tip sheets and other tools at: https://www.nhlbi.nih.gov/health.

A mouse click or two could help you and your family find ways to get those good intentions back on track and keep you moving forward to a healthier lifestyle through 2017 and beyond. For more information on health promotions at Travis visit the 60th Aerospace Medical Squadron's SharePoint page.

'It's all about the hooks' - keep target in mind

Commentary by Master Sgt. Benjamin Wilson

407TH AIR EXPEDITIONARY GROUP PUBLIC AFFAIRS

OUTHWEST ASIA — High above Mosul, Iraq, a fighter pilot arrives on station.

Now within 20 nautical miles of the target, the pilot arms the weapons on board and checks in with a joint terminal attack controller, identifying the call sign, position and combat load of muni-

The pilot can see explosions, small arms fire and artillery lighting up the banks of the Tigris River as Iraqi security forces battle Islamic State of Iraq and the Levant terrorists below.

The JTAC responds with a situation update. Surface-to-air threats, recently

Enlisted Commentary

struck targets and locations of known friendly forces are among the information passed to the pilot. A nine-line close air support briefing is used to pass along all the essential information – heading, distance, target elevation, target descrip-

The pilot confirms the most pertinent information and presses fire.

The hooks release.

Everything leading up to that moment was designed to ensure the situation was exactly right to have the aircraft's hooks release a munition and put a bomb on tar-

But it took much more to get the pilot on station over the battle.

If the communications Airman had not updated the cryptography codes, the pilot could not have communicated with the JTAC.

The hooks don't release.

If an Airman at the dining facility served the pilot under-cooked meat, he or she could fall ill during flight.

The hooks don't release.

If the electricity goes out, the operational order can't be delivered through the secure network. If the contracting Airman doesn't order the liquid oxygen supply, the jets will be grounded. If the pharmacy technician doesn't give the proper medicine to the pilot, he or she can't flv.

The hooks don't release.

from the flightline, is working toward one mander: "It's all about the hooks."

singular goal - generating, executing and sustaining combat airpower.

Each person on the installation does that differently by performing the duties required by his or her Air Force specialty, but the mission could not be accomplished effectively without every organization working in sync with all the others.

Regardless of the duty an Airman is currently performing, we should never lose sight of why we are here. The enemy is a vicious and hateful one, whom we have been charged with permanently eradicating. The way we do that is to ensure the conditions are right at any given moment to put bombs on target.

In the words of Col. David C. Lyons, Every Airman, however close to or far the 407th Air Expeditionary Group com-

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Air Force

Col. John Klein 60th Air Mobility Wing commander

2nd Lt. Sarah Johnson Chief of command information

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On the cover Airmen from the 821st **Contingency Response** Squadron use a K-loader to load cargo onto a C-17 Globemaster III aircraft Jan. 26 at Joint Base Lewis-McChord, Wash.

U.S. Air Force photo/Staff Sgt. Robert Hicks

FEBRUARY 10, 2017

McChord to Travis: Retired chief recalls son's birth

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

Mothers and fathers look forward to the birth of their children, especially their first. Many military fathers miss the birth of a child because they are serving thousands of miles away supporting missions all over the world.

On July 9, 1986, a C-5 flight engineer was on his first mission after completing technical training. The father-to-be was waiting in his room at McChord Air Force Base, Washington, for word on the next mission when a knock came on his door.

"Get your stuff packed up quickly, we have to return to Travis ASAP," said the aircraft commander, then Capt. William Boyd. "Your wife just went into labor and we're getting you back before your son is born."

Retired Chief Master Sgt. Bryan Burns, 60th Operations Support Squadron aircrew training systems contracting officer's representative, was a staff sergeant that day and he was nearly 722 miles away from Travis Air Force Base, California, where his wife, Roxann, was in labor.

In about five minutes Bryan packed his belongings, ran downstairs, checked out of lodging and found himself on a bus with his 12-man crew headed to the C-5 that would transport him to Travis.

Upon arriving at the aircraft the crew quickly began



Retired Chief Master Sgt. Bryan Burns, 60th Operations Support Squadron, poses for a photo June 6, 2016, inside a C-5M Super Galaxy at Travis Air Force Base, Calif. Burns flew from McChord Air Force Base, Wash., to Travis on July 9, 1986, in less than two hours to be present for the birth of his son Matthew. Burns served 25 years in the U.S. Air Force and retired in 2007.



Name:

Staff Sgt. Michael A. Llovd III.

60th Aerospace Medicine Squadron.

Duty title: NCO in charge of hyperbaric medicine clinic.

Hometown: Chicago, Illinois, and Nilmington, North Carolina

Time in service: Five years.

What are your goals?

To finish Community College of

the Air Force by April. To be

accepted to the University of

Calfiornia, Davis, by end of the

year to start by summer or winter

2017 and ultimately be working

Family:

None.

Cooking, sports, reading, general

nerddom and technology.

full-time in a research lab.

What are your hobbies?

What is your greatest achievement?

I once played Fantasy Football with Cris Collinsworth. I've also done lobbying in Washington, D.C., and with my local government.

4 TAILWIND **TRAVIS** FEBRUARY 10, 2017 FEBRUARY 10, 2017 **TRAVIS**

Lifestyle study may affect more than weight loss

Merrie Schilter-Lowe

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Air Force members at Travis Air Force Base, California, have an opportunity to lose weight, improve their fitness level, make permanent lifestyle changes and potentially effect changes in the Air Force fitness program.

The 60th Medical Group Clinical Investigations Facility is conducting a six month healthy lifestyle study to determine which of three programs not only help members lose

weight, but also reduces their risk of developing chronic diseases such as heart problems and diabetes, said Ruby Langeslay, a clinical research coordinator at the CIF.

"While weight loss is one of the primary data outcomes we're measuring, we're trying to look beyond just that. We also want to look at study participants' blood panels, particularly cholesterol, lipids and A1C (a measure for blood sugar), as well as abdominal circumference," said Langeslay.

Harvard Medical School

ing that abdominal, or visceral fat, has been linked to increased risk for cardiovascular disease and Type 2 diabetes.

Although visceral fat makes up only 10 percent of body fat, it has been linked with higher total cholesterol, higher levels of low-density lipoprotein, or gram, which is online. bad cholesterol, and lower levels of high-density lipoprotein, or good cholesterol. In women, visceral fat also has been associated with breast cancer and gallbladder issues.

 CIF researchers began

summer

Volunteers will be randomly assigned to one of three groups: Group Lifestyle Balance, Better Body Better Life and the Fitness Improvement Pro-

Although the Group Lifestyle Balance study has been evaluated in civilian populations, it has not been studied with active-duty members, said Col. Nicole Armitage, chief of the En Route Care Research

published a study in 2005 show-recruiting volunteers for the Division at Wright-Patterson study last year and hope to have AFB. Ohio. Also, no studies at least 131 participants before have been conducted with active-duty members since the Fitness Improvement Program went online, she said.

> "We want to find out which of these programs is the most effective, or if any are effective, and make that information available to the Air Force," Armitage said in a telephone interview.

Armitage, who has a background in women's health and

See STUDY Page 22

AMC command chief meets with 60th Civil Engineer Squadron



Chief Master Sgt. Shelina Frey, Air Mobility Command command chief, meets with members of the 60th Civil Engineer Squadron Explosive Ordnance Disposal team during a visit to Travis Air Force Base, Calif., Feb. 8, 2017. Frey is the principal advisor to the AMC commander and his senior staff on matters of health, welfare and morale, professional development and the effective utilization of more than 38,000 active duty and 71,000 Air Force Reserve and National Guard enlisted Airmen assigned to AMC.

Travis helps transport Army equipment

Capt. Jonathon Daniell

U.S. ARMY

SOUTH KOREA — Readiness and modernization remain fixtures among the Army's top priorities, both of which are initiatives 35th Air Defense Artilthe brigade upgrades its Patriot fleet.

Upon completion of the largest Patriot modernization project ever conducted outside a depot facility, the Dragon Brigade will operate with the most technological advanced equipment within the ADA community.

Furthermore, the brigade will execute a comprehensive new equipment training cycle to maintain Fight Tonight readiness throughout the transition. This article is part of a three part series that will follow the modernization and readiness effort as it materializes.

The 35th Air Defense Artillery Brigade is executing the largest Patriot modernization project ever conducted outside a depot facility. A move that will place the brigade as the most lethal ADA brigade in the U.S. Army.

Three C-5 Super Galaxies from Travis Air Force Base, California, transported Patriot equipment to Osan Air Base, Republic of Korea, Jan. 25-26, 2017 to support the historical

"The Patriot equipment sets flown here from the states are key and critical for the Dragon

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Brigade to maintain Fight Tonight readiness while we modernize our Patriot weapon systems in the Republic of Korea," said Col. Mark Holler, 35th

will begin the mass overhaul.

fleet will employ Post Deployment Build 8.0 technology, cementing the Dragon Brigade and advanced capabilities within the ADA community.

ADA brigade commander.

The equipment was offloaded and transported to nearby lery Brigade is addressing as Suwon Air Base, where defense contractors from Raytheon and the Lower Tier Project Office

> "The smooth execution of the multi-faceted mission to receive, stage and conduct onward movement of this Patriot equipment is a testament to the professionalism of the Soldiers. Airmen and DOD Civilians serving in Korea," said Holler.

When the project is complete, the brigade's Patriot as the only air defense artillery brigade in the Army fully equipped with the most modern

"There's a lot of excitement around the brigade, because we're doing something that's never been done before," said Chief Warrant Officer 3 Tara Gibbs. "The new technology is a game-changer, and it will significantly reduce maintenance requirements."

Some of the most notable improvements include software to operate new radar circuitry, upgrades to increase wide band search sensitivity, flat panel monitors with touch screen



A heavy expanded mobility tactical truck pulls an electrical power plant system Jan. 26 from the belly of a C-5 Super Galaxy at Osan Air Base.

technology, built-in test equipment, and the replacement of many legacy hardware systems with smaller more capable See C-5 Page 24





Air Force seeks nominees

Staff Sgt. Alexx Pons

AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTO-NIO-RANDOLPH, Texas — Air Force officials are accepting nominations for the 2017 United Service Organizations Service Member of the Year Award.

The award is sponsored by the USO and recognizes tary service branch.

level personnel should contact their major command, field operating agency, direct reporting unit or major command equivalent for details regarding suspense dates and nomination procedures.

Each MAJCOM/COCOM/

specific acts of heroism by FOA/DRU may submit only E-5s or below from every mili- one nomination, and nominations are due to the Air Force Organizations and base-Personnel Center by April 4.

> For more information about Air Force personnel programs, go to myPers. Individuals who do not have a myPers account can request one by following the instructions on the Air Force Personnel Center website.

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Nominations sought for 2017 First Sergeant of Year

Staff Sgt. Alexx Pons AIR FORCE PERSONNEL CENTER
PUBLIC AFFAIR

JOINT BASE SAN ANTO-NIO-RANDOLPH, Texas — Air Force officials are seeking nom-

inations for the 2017 First Sergeant of the Year award. The award recognizes the important contributions and leadership qualities exhibited by Air Force members in the

first sergeant special duty ca-

reer field. Nominees must have served as a first sergeant for at least six months between Jan. 1 ry duty, and show significant Retiree Services website.

self-improvement and base or community involvement.

Organizations and base-level personnel must contact their major command, field operating agency, or direct reporting unit for applicable suspense dates and additional information regarding nomination procedures.

Each MAJCOM, FOA or DRU may submit one nomination. Completed nomination packages are due to the Air Force Personnel Center by April 4.

For more information about Air Force personnel programs, and Dec. 31, 2016. Nomina- go to myPers. Individuals who tions must include examples do not have a myPers account of leadership and job perfor- can request one by following the mance in the nominee's prima- instructions on the Air Force

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Hospital earns accreditation

60th Air Mobility Wing Public Affairs

David Grant USAF Medical Center at Travis Air Force Base. California, has earned Joint Com- with." mission hospital accreditation for another three-year period. DGMC was last accredited in December

"The Joint Commission is pleased to grant vour organization an accreditation decision of accredited for all services surveyed," said Mark Pelletier, accreditation division's chief operating officer in a Jan. 31 letter to Col. (Dr.) Michael Higgins, 60th Medical Group commander.

A survey team arrived at Travis in November to evaluate the quality of healthcare DGMC provides. The Joint Commission uses more than 250 hospital accreditation patients in Northern California. standards that address everything from patient rights to infection control, medication management and preventing medical errors.

Even before receiving the congratulatory letter, Higgins told hospital employees they had "absolutely amazed" the survey team.

"You distinguished yourselves in amazing ways as I often heard their roles in patient care.

things like, 'this is a leading practice,' 'this is one of the most impressive units I've seen anywhere in the country,' and 'your team is the one I want to build a hospital

While DGMC still has some areas to improve, Higgins said he is "so very proud" and "inspired" by his team.

Air Force hospitals are required to submit to a Joint Commission accreditation survey every 36 months to fulfill Department of Defense and Air Force requirements for inpatient facilities across the Military Health Ser-

DGMC is the Air Force's largest in-patient facility, offering care to nearly 130,000 TRICARE beneficiaries and more than 377,000 Veteran Administration eligible

Joint Commission accreditation validates that DGMC adheres to the same standards in providing safe patient care as other accredited U.S. institutions. It also demonstrates that DGMC physicians, nurses, allied health professionals, technical and support staff meet or exceed standards associated with

386th ELRS manages process

Senior Airman Andrew Park

386TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

SOUTHWEST ASIA — Aerial porters can often appear to be flightline fortune tellers. They can gauge the intensity of ongoing war efforts through the amount and types of items that come across their cargo yard, everything from vehicles to missiles.

As the battle against the Islamic State of Iraq and the Levant continues to heat up, aerial porters work hard to keep supplies moving downrange, especially munitions such as rockets for High-Mobility Artillery Rocket Systems.

Recently, aerial porters with the 386th Expeditionary Logistics Readiness Squadron prepared, transported and loaded a pallet of rockets requested by forward-deployed units to engage enemy targets.

"Daily operations here can get pretty hectic and busy," said Staff Sgt. David Babcock, a 386th ELRS aerial porter. "There are some days where it is so busy that it is hard to stay organized."

They overcome this challenge by enlisting the help of augmentee Airmen from the 387th Air Expeditionary Squadron and by examining their processes to find better ways of getting these vital supplies downrange, Babcock said.

Getting HiMARS down the supply chain begins with the Central Command Air Mobility Division receiving a request from the end user. Aerial porters then create a load plan that accounts for the cargo weight. This ensures the weight is evenly distributed and won't interfere with the flight of the aircraft



Senior Airman Creg Dubois, 737th Expeditionary Airlift Squadron loadmaster, secures cargo before take-off inside a C-130H Hercules at an undisclosed location Feb. 3 in Southwest Asia.

used to transport the cargo downrange.

Next, the load team is assigned the mission and begins working to assemble the load at the munitions storage area. Once it's assembled, the team returns with the load plan and a K-loader to retrieve the cargo and transport it to the flightline. There the aerial porters coordinate with the Air Terminal Operations Center, which acts as a liaison between the aerial porters and the loadmasters assigned to the aircraft, explained Bab-

Once the necessary logistics are coordinated, the aerial porters line the K-loader up with the aircraft to begin the upload process, which involves pushing the cargo from the loader onto the aircraft. The loadmasters and aerial porters finish the upload by securing the munitions pallet in the aircraft's car-





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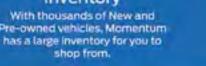
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Officers employ training during Libya B-2 strike

Lawrence Crespo

U.S. AIR FORCE WEAPONS SCHOOL

NELLIS AIR FORCE BASE, Nev. — Two B-2 Spirit bombers departed Whiteman Air Force Base, Missouri, for a transatlantic flight to Libya Jan. 18 in what would become the B-2's first combat mission since Operation Odyssey Dawn

hour mission against two Islamic State of Iraq and the Levant camps required personnel with advanced expertise in the B-2's capabilities. It also required a firm grasp of total force integration. In essence, it required graduates of the 57th Wing's U.S. Air Force Weapons School.

"There was a deliberate effort to fill all of the (B-2 strike) seats with weapons officers because of the niche skill set we train to on our (special operations force integration) ride," said Col. Michael Drowley, the weapons school commandant.

The success of the B-2 strike demonstrated the total force integration training inherent in a weapons school education. This training made B-2 graduates of the 325th Weapons Squadron the natural go-to experts for the North Africa mission.

"(It is) a testament to the awesome job the 325th instructor corps does to prepare graduates to lead in combat," Drowley said.

The weapons school's 26 weapons instructor courses employ a building-block approach to produce weapons officers who are not only doctorate-level experts in a platform or specialty, but also trailblaz-The demanding 30-plus- ers in total force and joint integration planning and execu-

> The final month of each class consists of the weapons school integration phase, a series of complex missions enacted in a highly contested operational environment.

The immediate applicability of WSINT to a real-world situation was highlighted during the B-2 strike.

Prior to the Libya mission, the most recent sortie flown by Capt. Nathan Mueller, the 13th Bomb Squadron B-2 flight lead, was the WSINT offensive counter-air mission he flew in December as a student.

"It was a very humbling experience when my squadron commander told me that I would be flight lead for what would become the B-2's participation in Operation Odyssey

See LIBYA Page 21





Two B-2 Sprit stealth bombers assigned to the 509th Bomb Wing taxi down the runway as they prepare to take off during Deliberate Strike Night June 16, 2016, at Nellis Air Force Base, Nev.



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AF selects officers for field-grade promotions

Kat Bailey AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTO-NIO-RANDOLPH, Texas — motion to major. The Air Force has selected 818 active duty officers for promotion to colonel, lieutenant colonel and major during the 2016C Colonel Line of the Air Home" and scroll down to the Force, Line of the Air Force promotion select lists. Judge Advocate, Nurse Corps and Chaplain; Lieutenant Colo-Line of the Air Force Judge Line of the Air Force Judge one by following the instruccentral selection boards.

The boards selected 492 lieutenant colonels for promotion to colonel, 109 majors for promotion to lieutenant colonel and 217 captains for pro-

To view the lists, go to myPers, select "Active Duty Officer" from the drop down menu. search "Promotions

For more information about Air Force personnel nel Chaplain, Nurse Corps and programs, go to myPers. Individuals who do not have a Advocate; and 2016D Major myPers account can request Advocate and Nurse Corps tions on the Air Force Retiree



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U.S. Air Force photo/Airman 1st Class Kelsey Tucke

Mai. Gen. Scott Zobrist. 9th Air Force commander, shakes hands with Airman 1st Class Michael Gradecki. 20th Aircraft Maintenance Squadron crew chief, as he prepares Dec. 1, 2016, for takeoff at Shaw Air Force Base, S.C.

9th AF leader sets priorities

Tech. Sgt. Amanda Dick

9TH AIR FORCE PUBLIC AFFAIRS

SHAW AIR FORCE BASE, S.C. — Maj. Gen. Scott J. Zobrist assumed command of 9th Air Force in May 2016.

Since then, Zobrist visited the wings under 9th AF, is," the commander said. "But, gained impressions and set his our Airmen are absolutely top

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commander's priorities.

"We have absolutely topnotch Airmen who are doing the job day in and day out with some significant resource and time constraints, which is indicative of how busy they are, and how busy our nation's military

notch, completing the job professionally and making the mission happen."

Although Zobrist said he has three priorities for 9th AF, he considers his top two priorities to be on the same level in terms of importance.

"Our mission as a Numbered Air Force is to ensure the readiness of the wings for the current fight," he explained. "So, that's my job - to ensure our Airmen and the wings are ready for their current mission. However, equally important is taking care of our Airmen and their families.

"I'm very passionate about taking care of our people, and that priority is not mutually exclusive of mission readiness,' the major general said. "In fact, taking care of our Airmen and their families really is an integral part of ensuring mission readiness."

Zobrist said his third priority is to pave the way for 9th AF's future as a deployable joint task force headquarters. This priority lines up with Air Force Chief of Staff Gen. David L. Goldfein's "strengthening joint leaders and teams" focus area.

Goldfein outlined the need for the Air Force to have the

See PRIORITIES Page 24



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Little Rock Airmen test C-130J with upgrades

GPS, communications see boost

Senior Airman Harry Brexel 19TH AIRLIFT WING PUBLIC AFFAIRS

LITTLE ROCK AIR FORCE BASE, Ark. — Airmen conducted a training flight Feb. 3 using the first C-130J Super Hercules with a 314th Airlift Wings will team Block 8.1 upgrade at Little Rock Air Force Base, Arkan-

The Block 8.1 upgrade enhances GPS capabilities, communications systems, updated friend-or-foe identification and allows the C-130J to comply with worldwide air traffic management regulations. Additionally, the upgrade program will standardize aviation systems to improve interoper-

"This update will truly allow us to have unhindered global access," said Capt. Kyle Gauthier, a 61st Airlift Squadron C-130J instructor pilot and the flight commander. "It will

also provide pilots improved situational awareness, and a greater ability to communicate with command and control around the world."

Over the next two years Airmen from the 19th and together to test the only two Block 8.1 upgraded C-130J's in the world at Little Rock AFB. Loadmasters, pilots and maintainers will work with Lockheed Martin to report any bugs or potential issues.

"We have put thousands of maintenance hours into this plane since it arrived," said Master Sgt. Brian Johnson, the 19th Aircraft Maintenance Squadron production superintendent. "We're excited to see it finally up in the air."

Gauthier said, "Flying with such a new system can be difficult, but it is exciting to know you're shaping the future of C-130J operations worldwide."



Capt. Kyle Gauthier, 61st Airlift Squadron C-130J Super Hercules pilot, conducts a preflight checklist for a training sortie Feb. 3 at Little Rock Air Force Base, Ark.



Master Sgt. Timm Huffman

FEBRUARY 10, 2017

HEADQUARTERS INDIVIDUAL RESERVIST READINESS AND INTEGRATION ORGANIZATION

BUCKLEY AIR FORCE BASE, Colo. — When Tech. Sgt. Mark Parker first enlisted in the Air Force as a security forces Airman in 2001, he already knew his long-term goal was to become a civilian law enforceyears on active duty, which included a deployment in support of Operation Iraqi Freedom, he was ready to pursue his civilian goals but didn't want to entirely let go of the military.

"The Individual Mobilization Augmentee Program gave me the opportunity to have both," said Parker, who is assigned to the 673rd Security Forces Squadron at Joint Base Elmendorf-Richardson, Alas-

The IMA Program provides Air Force reservists some unique opportunities. It is actually part of a larger category called the Individual Reserve,

which consists of IMAs and members of the Participating Individual Ready Reserve. The program dates back to the beginning of the Air Force Reserve. In 1947, Lt. Gen. George E. Stratemever, the first commander of Continental Air Command, a predecessor of today's Air Force Reserve Command, called for establishing ment officer. After serving four a category of reservists to support the active duty during times of crisis. Stratemeyer established the mobilization assignee program, and the Individual Reserve was born.

Individual Reserve offers flexible opportunities

Today, the IR program is managed by the Headquarters **Individual Reservist Readiness** and Integration Organization located at Buckley Air Force Base, Colorado. It consists of approximately 7,200 reservists, representing nearly every Air Force specialty code and rank, who augment more than 50 major commands, combatant commands and government agen-

See OPPORTUNITIES Page 13

brings a perspective on Air Force life and a specific knowledge of planned targeting to her intelligence community.

Col. Elizabeth Chamberlain, Individual Mobilization Augmentee to the director of intelligence at 7th Air Force,



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14 TAILWIND FEBRUARY 10, 2017

Birth

From Page 3

completing preflight checks while Boyd escorted Bryan to the 62nd Airlift Wing command post where a phone-patch to David Grant USAF Medical Center's Labor and Delivery room was set up.

"The nurse assisting my wife asked how long it would be until we landed." Bryans said. "I started rattling off estimates for preflight times, cargo, passengers, final-fuel, checklists and flying time not to mention putting the plane to bed after arrival. She said there was no way my wife could delay that long based on the frequency of her contractions, so we should just do the best we could and I'd meet my son after we landed."

At that moment, Roxann's contractions were less than believed the couple's first son Brvan could make it home.

Bryan not being there, but the livery room." nurse told me she was communicating with the aircrew and giving me and Bryan updates," Roxann said. "I was hopeful he Bryan home. would make it."

Burns glanced out of the command post window and no-said. "We're all family, we all ticed the number one engine on work together and if the Air the C-5 beginning to spin and Force didn't take care of famiroar to life. Shortly after...the lies things would become much

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more difficult than they are."

"I told the labor and delivery nurse there's a chance we get him home and as a single could be airborne in the next few minutes and on our way." Burns said. "She responded with excitement, 'this could work."

number two engine fired up.

Normally it takes about twohours to preflight a C-5 for a mission. This includes a thorough inspection of all systems on the aircraft, numerous data calculations, cargo on-load and offload and much more.

"The crew sub-divided all the pre-departure tasks and readied the plane in record time," Bryan said. "A crew flying a Travis C-141 departing after us said they'd take passengers and cargo so we could expedite our departure. By the time I ran across the flightline to the aircraft, all four engines were running and the flight engineer informed me five-minutes apart and doctors I was going to sit in the jump seat between the two pilots bewould enter the world before cause he had patched the radios through Travis Command "I was sad when I thought of Post to DGMC's labor and de-

Boyd, now a retired major and a pilot for United Airlines, said he was determined to get

"Taking care of families is number one in my book," Boyd

"We had the opportunity to parent at the time, I felt strongly that family comes first," he added. "We were only a couple hundred miles away, knew we could get him there in time and (Bryan) was excited about his son.'

The DGMC Labor and Delivery team kept Bryan informed of how things were going during the 1.5-hour flight while Boyd coordinated to have a car ready to drive Bryan to the hospital shortly after landing.

Roxann was minutes away from delivering just before the C-5 touched down at Travis. Bryan knew he had to hurry.

Once the aircraft landed and came to a complete stop, the flight engineer opened the crew entrance door and Bryan quickly exited the aircraft, sprinted to a blue sedan and sped off toward DGMC.

"Friends and relatives were waiting at every door and hall way to direct me to the room where my wife was," Bryan said. "When I finally arrived at the right location, I saw the very top of my son's head. The nurse threw scrubs at me and said, 'You have 60 seconds to get them on and follow us to delivery.'"

Three minutes later Bryan and Roxann welcomed their son Matthew into the world. He was born at 9 p.m. after six hours of labor and weighed 9 pounds.

"It was such a beautiful thing and amazing effort for the crew to get Bryan home," Roxann said. "I never would've imagined that would ever hap-Captain Boyd and his aircrew. What they did was amazing."

The crew members who helped Bryan get home just in cial moment he shared with time delivered champagne, balloons, teddy bears and flowers ly 31 years, he said he's thankto the proud new parents.

"Bovd asked each crew member to line up shoulder-toshoulder as he lifted Matthew from his basket, placed a tiny Military Airlift Command (now Air Mobility Command) patch on his blanket and handed him ceremoniously down the line," Burns said. "They worked so hard to ensure I would be there for the birth of my son."

Everyone wanted to meet the new baby and congratulate the Burns family, Boyd said.



Roxann Burns and retired Chief Master Sgt. Brvan Burns. 60th Operations Support Squadron, pose for a photo in their home Feb. 7 while holding a photograph of Roxann and the couple's first-born son, Matthew Burns, shortly after he was born in July 1986.

patch from my flight suit. We cles stacking up along the way." give away our squadron patches as keepsakes, so I thought it would be a nice way for the the radio from transportation, pen, I'm eternally grateful for Burns family to remember that day," he added.

When Bryan reflects on the events of that day and that spe-thing they could to help because his crew and his wife of nearful for every Airman who went above and beyond for him and his family.

"I've often thought about the fantastic events of that day, when a team of people I just met did everything they could for a stranger with no more in common than a simple red and blue kangaroo squadron patch," Bryan said. "I thought about the leadership qualities of Captain Boyd who achieved the impossible, never doubting for a moment that it was going to happen

"I gave him my squadron regardless of mounting obsta-

"I thought about the many men and women, just voices on maintenance, air traffic control, command post and David Grant Medical Center, doing everywe were all part of the same great Air Force," Bryan said. "These amazing people extended themselves further than anyone had a right to expect all because we were part of the same team. It was the Air Force doing what the Air Force does best, taking care of its people."

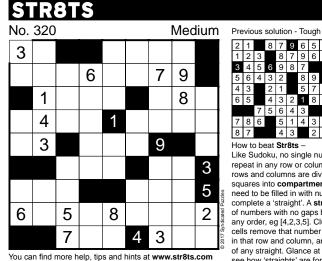
Matthew went on to join the Air Force and is now a staff sergeant serving as a KC-10 Extender flight engineer with the 79th Air Refueling Squadron at Travis. His brother Joshua, also served in the Air Force as a KC-10 boom operator with the 6th ARS at Travis.

Swap Ads

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Puzzles



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The solutions will be published here in the next issue.

of any straight. Glance at the solution to see how 'straights' are formed.

How to beat Str8ts -

8 7 9 6 5 4

Like Sudoku, no single number can

rows and columns are divided by black

omplete a 'straight'. A straight is a set

squares into compartments. These need to be filled in with numbers that

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

repeat in any row or column. But..

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

2 1 3 7 5 4 6 8 9 To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips,

If you like Str8ts. Sudoku and other puzzles, check out our books, iPhone/iPad Apps and much more on

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Retiree Corner

Clincal study seeks volunteers from Air Force

FALLS CHURCH, Va. — In partnership with the Coriell Personalized Medicine Collaborative, recruitment has begun for Phase II of the Air Force Medical Service Personalized Medicine Clinical Utility Study. The aim of the study is to evaluate the utility of

genetics and genomics in clinical care.

Phase I of the CUS took place from 2011 to 2013 and enrolled more than 2,100 AFMS personnel to provide education and training on the delivery of genetic risk information. Phase II expands enrollment beyond the AFMS to reach across the Air Force.

— Air Force **Retiree Services**

News Notes

Upcoming events and information

2017 Scholarships for Military Children. The Defense Commissary Agency scholarship application period runs through Feb. 17. Students with questions regarding the application should contact scholarship managers directly at 856-616-9311 or militaryscholar@scholarshipmanagers.com. Results will post on the scholarship website at www.militaryscholar.org on or about

Recurring events and information 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

Air Force Sergeants Association "Walter E. Scott" Chapter 1320. General membership meetings are from 3:30 to 4:15 p.m. on the first Friday of every month at Wingman's in the Delta Breeze Club For more information contact Master Sgt. Francisco Zamorano Jr.

Airmen's Attic and Loan Locker. The Airmen's Attic and the Loan Locker are open from 10 a.m. to 2 p.m. Tuesday and Thursday, 4 to 6 p.m. Wednesday and from 10 a.m. to 1 p.m. the last Saturday of every month for all ranks. It is located at 560 Hickam Ave. For more information, call 707-424-8740 or visit the Facebook page "Travis AFB Airman's Attic."

Alzheimer's Caregiver Support Group. Meetings take place from 1 to 2:30 p.m. the third Thursday of the month in the diabetic education classroom on the first floor in Internal Medicine at David Grant USAF Medical Center. For more

information, call 707-423-7227. Base emergency numbers. Mobile phone users must dial 707-424-4911 if they have an emergency on base. Those using government or home phones can call 911. For more information, call the Travis Air Force Base Fire Prevention Office at

Bunco. 6 p.m. every third Wednesday of the month at the USO Daedelion Room. For more information, visit www.esctravis.com.

707-424-3683

Crisis text line. Free, confidential, 24/7 counseling for teens and young adults. Text 741-741 anywhere in the United States and a live, trained crisis counselor responds quickly.

Employee-Vehicle Certification and Reporting System. Civilian and military personnel must maintain emissions information with the Web-based ECARS system. For more information, call Xuyen Lieu at 707-424-5103.

Exceptional Family Member Program Sensory Play Group. This group meets from 2 to 4 p.m. the second and fourth Wednesdays at the Balfour Beatty Community Center For more information, call 707-424-4342 or visit the Facebook page "FFMP Travis AFB"

Fairfield/Vacaville Train Station Project. Located at Peabody Road and Vanden Road in Fairfield with a six-lane overpass. Construction is scheduled for completion in March 2017. For more information, visit http://bit.ly/1yNIBwV.

Family Advocacy Women's support

group. Weekly meeting from 10 a.m. to noon Wednesday for women with past or current domestic violence events in their lives. Meet at the David Grant USAF Medical Center's Mental Health conference room. For more information, call Molly Martinez at 707-423-5158.

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://pptform.state.gov and/or https://travel. state.gov. For more information, call 707-424-5324.

Hometown News Releases. To submit a Hometown News Release, visit 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 Valleio. 10 a.m. to 2 p.m. Monday through Friday, 10 a.m. to 4 p.m. first and third weekends of the month. 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

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,

In the next week...



Poetry Out Loud. County finals featuring high school students, 1:30 p.m. Feb. 11, Fairfield Civic Center Library, 1100 Kentucky St. Free. 712-3321.

information, call 707-424-0969 or

book online at Travis-ODR.com.

no-fee passport and other U.S. government agencies in the performance of official government business. This requirement does not apply to minors ages 16 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

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 us, visit during a UTA or check out http:// squadron22-cap.us.

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.

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 to make an appointment.

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.

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

Voluntary Leave Transfer Program. leave recipients through the Voluntary Leave Transfer Program:

 Peter Escobedo, 60th Logistics Readiness Squadron

· Robert Simcox, 60th Comptroller Squad-

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

Travis Heritage Center. The facility is

and retiree legal assistance, call 707-424-3251

Travis Community Thrift Shop. 10 a.m.

Tuskegee Airman Lee A. Archer

The following Travis employees are approved as

• Linda Claus, 60th Force Support Squadron.

• Sabina Lopez, 349th Civil Engineer

Squadron. • Deirdre Mullin, 60th Medical Operations

Squadron. ron.

• Frank Singson, 60th LRS. • Donald Webb, 60th Communications Squadror

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.

What's Cookin' Wednesday. Free lunch served from 11 a.m. to 1 p.m. each Wednesday at Bldg. 1348 in the dorms for active duty, Guard and reservists. Family area available with children's TV programs.

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 Ouarterly
- Youth Choir: 1 p.m. Sunday.
- Children's Choir: 2 p.m. Sunday
- Adult Choir: 4 p.m. Sunday. • 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,

First Street Chapel

Mom's Group: 10 to 11:30 a.m. Monday. Protestant

First Street Chapel

- Protestant Community Service: 9 to 10:15 a.m. Sunday.
- Gospel Worship Service: 11 a.m. to
- 12:15 p.m. Sunday. • Children's Ministry is provided for 6 months 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. **Airmen's Ministry Center**

The Peak is open from 6 to 9 p.m. Monday

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

• 9 p.m. "Why Him?" (R)

• 2 p.m. "Hidden Figures" (PG-13)

For more information about the Reel Time program, visit http://bit.ly/2jDWJEy.

through Friday at Bldg. 1348. Homecooked meal Tuesday's at 6 p.m. followed by Bible study

David Grant Medical Center

Roman Catholic Mass: Noon to 12:35 p.m. Monday through Thursday (except for federal holidays)

... For more information, call Twin Peaks Chapel at 707-424-3217

60th FSS

Upcoming events and information

Paint night with Frosty Friends. On Feb. 24, paint a pair of birds in a snowy scene from 6 to 9 p.m. at Arts and Crafts. All supplies are included and guests are welcome to refreshments and finger foods. Reservations required. \$20. For more information, call 707-424-2929.

Ski shuttles for single Airmen &

RecOn. For just \$5. Outdoor Recreation is providing transportation to various ski resorts around Lake Tahoe. Don't forget to head to the rentals area to get a ski or snowboard tune-up starting at \$20. Single Airmen and RecOn receive priority at the discounted rate. All others are welcome. For more information, call. 707-424-0969 or visit Travis-ODR.com.

 $\bullet \bullet \bullet$ For more information, visit http://www. travisfss com

Local events

Events

Downtown Art Walk. 5 to 10 p.m. second Friday of each month, downtown Valleio, www. valleinartwalk.com

Ghost Walk. 8 p.m. Feb. 17, leaves from Virgil's Bait Shop, 201 Main St. www.

suisunwaterfront.com. The Hub. Dance Tribe, 8 p.m. Feb. 16; Commedia Evo and the Curse of Valleydoon, 7:30 p.m. Feb. 17-18: Put Your Heart into Art exhibit, through Feb. 21; Poetry by the Bay open mic. 6:30 n m. second and fourth Tuesdays 350 Georgia St., Vallejo. www.thehubvallejo.com.

Red Carpet Gala. 6 p.m. March 4. Downtown Theatre, 1035 Texas St., Fairfield. www.downtowntheatre.com

"Sounds of Suspense." Radio broadcast, noon Feb. 24 and the fourth Friday of each month, Town Square Library, 1 Town Square Place Vacaville www.solanolibrary.org

"The Movement." Live presentation about changing face of the African-American experience, 6 to 7:30 p.m. Feb. 14 at 1750 Club Drive on Mare Island, Free, http://dialoguesondiversity.com

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

Vintage Market. 9 a.m. to 2 p.m. every third Saturday, St. Paul's United Methodist Church, 101 West St., Vacaville. 925-978-

Airmen complete FTAC



Congratulations to the latest Airmen to complete the First-Term Airman Center course. Alphabetically: Airman Basic Tracy Bass, Airman Basic Noah Carleton, Airman 1st Class Brittany Chandler, Airman 1st Class Justin Coleman, Airman 1st Class Anthony Cusano, Airman 1st Class Isiah Garcia, Airman 1st Class Macloyd Garcia, Airman 1st Class Christopher Guillory, Airman 1st Class Joseph Gutierrez, Airman 1st Class DeAnfrena Harris, Airman David Harris, Airman 1st Class Atasha Hoffman, Airman 1st Class Blaine Holsten, Airman 1st Class Brandon Kennedy, Air man 1st Class Pamela Kennedy, Airman 1st Class Michael Kim, Airman 1st Class Kyle Lake, Airman 1st Class Ismael Lawrence, Airman 1st Class Lorena Leon, Air man 1st Class Jennifer Liles, Airman 1st Class Iyana Linney, Airman Nicholas May, Airman 1st Class Sean McDonald, Airman 1st Class Billy Paraiso, Airman Abigai Piver, Airman 1st Class Shaun Powers, Airman Basic Tyler Reese, Airman 1st Class Jana Rocha, Airman 1st Class Zuleika Sanchez-Serrano, Airman 1st Class, Jordan Stone, Airman 1st Class Michellette Thomas, Airman Kevin Vettorel, Airman 1st Class Taylor Voelzke, Airman 1st Class Brent Wood



Today • 6:30 p.m. "A Monster Calls" (PG-13)

Sunday

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

FEBRUARY 10, 2017 TAILWIND 19 20 TAILWIND FEBRUARY 10, 2017



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Adult & Youth Studies6:30 pm

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First Assembly Of God

Lead Pastor: C. Eric Lura

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Girl's Club Royal Rangers Revolution Youth *Nursery Care Provided

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BAPTIST



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Tuesday

Information On Our Worship Directory, Contact Classifieds

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Baptist Convention Sunday Schedule:

Worship Service. Bible Study Worship Service Evening Prayer & Praise Wednesday Schedule: Dinner (Sept.-May).... AWANA (Sept.-May), Youth 6:00 pm Adult Choir . 6:30 pm Adult Bible Study . 10:00 am

> Greg Davidson, Senior Pastor 707-448-5430

www.tbcvacaville.com



Baptist Church

Rev. Dr. Terry Long, Pastor Sunday

Sunday School: 10:00 a.m. Morning Worship Service: 11:00 a.m. Children's Church: 11:30 a.m.

Prayer Meeting: 6:30-7:00 p.m. Bible Study: 7:00-8:00 p.m.

Web Site: www.stpaulfairfield.com Email: stpaulbcfairfield@comcast.net Church Phone: 707-422-2003

For More Daily Republic

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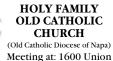
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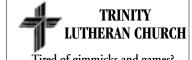
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Libya

From Page 9

Lightning," Mueller said. "The dynamic targeting and inherent integration that took place en route to Libva is not something that B-2 pilots train for on a regular basis. It was, however, very much a part of the weapons school syllabus, particularly during WSINT."

The weapons school instructors do not often have the opportunity to reap the benefits of

the WSINT training so quickly. "We're obviously extreme-

ly proud of the work our graduates did in combat," said Lt. Col. Daniel Hoadley, the 325th WPS commander. "It's especially gratifying to see one of our graduates lead this mission on his first B-2 sortie after weapons school. I would equate it to practicing football plays with your kid in the back yard for six months and then watching them score the winning touchdown on their first game.'

The true value of any

integration training, however, lies in its ability to forge weapons officers who can lead and work with diverse forces.

During the strike in Libya, for example, the B-2 personnel collaborated with multiple KC-135 Stratotanker, KC-10 Extender and MQ-9 Reaper crews to achieve the mission. The 325th WPS reflected the weapons school's "humble, approachable, credible" motto when discussing the strike.

"We recognize we are a very small piece of the big team that

"We're obviously extremely proud of the work our graduates did in combat."

Hoadley said.

The weapons school plans gration training, from 2017 forward, with more syllabus opportunities earlier in the class and joint partnerships.

This expansion will ensure weapons school graduates continue to provide top-notch ios.'

led to success on this mission," leadership to any mission they are called to do.

- Lt. Col. Daniel Hoadley

"I lost count of the number to multiply the value of its inte- of times we did something in our formation because of a lesson learned during weapons school," Mueller said. "I can't think of any higher praise for a program than when combat feels like the training scenar-



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Study

From Page 4

fitness and is now a research scientist, was assigned to the 60th MDG until last year. She is conducting the study with Mary Nelson, 60th Aeromedical and Diagnostic Squadron, Health Promotions flight commander at David Grant USAF Medical Center at Travis AFB.

Weight gain among military members is rising just as it is in other parts of society, said Nelson, a registered nurse with a doctorate in research.

"While this is consistent with the general U.S. population, it is particularly concerning for active-duty personnel who must meet standards to optimally perform their mission," said Nelson.

Nelson cited recent data showing 62 percent of Air Force members have a body mass index of more than 25, meaning they are overweight. Air Mobility Command has a rate of 65 percent and Travis has a rate of 60 percent.

"While some interventions

unknown how these interventions could prevent disease or improve overall functional status and health," said Nelson.

To participate in the study, volunteers must not be scheduled for reassignment for the next six to eight months. Also, they should have a BMI of 25 or more and an abdominal circumference of 31.5 inches or more for women and 35 inches or more for men.

The GLB program is designed to help people lose at least 7 percent of body weight and increase physical activity to 150 minutes per week, or 30 minutes five days per week, said Langeslay.

"Participants also complete surveys about their mental, physical and emotional wellbeing throughout the course of the study and offer us feedback on the programs," she said.

The GLB group will meet an hour a week for 12 weeks. The program focuses on four areas considered to be key in overall health and quality of life: activity, nutrition, education and emotional balance.

broken into modules that people have been found to help these can take in any order or as their Airmen with weight loss, it is schedules allow. Each two-hour

class focuses on some aspect of nutrition, physical activity and behavior. The nutritional medicine outpatient clinic at DGMC offers classes on Tuesdays and Thursdays and anyone can enroll in the program.

The 90-minute Fitness Improvement Program provides the flexibility of a customizable online program that focuses not only on fitness and nutrition, but also dietary supplement safety.

Although evidence shows that the GLB program has worked for other groups, it may not be as easy to maintain by military members who are "very mobile and transient," said Armitage.

"The GLB program is designed for the long-term to help people make lifelong habits to maintain weight control and reduce risk of disease," she said.

According to Nelson, previous research conducted at Travis show programs that concentrate on long term health behavior change verses "a quick fix," are the most effective. However, it is difficult to fund these types of programs BBBL is a five-week program on a regular basis, she said.

> For more information about the healthy lifestyle study, call Langeslay at 707-423-7704.



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Priorities

From Page 10

capability to field a deployable JTF headquarters in his October 2016 focus area paper and tapped 9th AF to begin the process of giving the Air Force that capability.

"We're making a lot of progress as a team, and I'm excited about what that will do not just for the Air Force but also for our joint partners and the combatant commanders," Zobrist said. "Of course, there's a lot of work to be done to transform 9th AF into the core of a joint task force headquarters."

When operational, 9th AF could be tasked to lead a JTF headquarters in a designated location, commanding operations as directed by the combatant commander. 9th AF would

functions of a JTF headquarters 9th AF wings. and personnel from other services would fill in the rest of the JTF staff.

"The idea is to reorganize, or train and equip mission and be capable of deploying as the lead core organization for a JTF," said Col. Rhude Cherry III, the 9th AF lead planner for the deployable JTF headquarters ini-

"The question then is, how does the Air Force fill that lead role? By filling key billets with the commander. Airmen, providing the headquarters staffing function and around it, you now become a JTF," Cherry said.

Command, Zobrist said he likes lies," said Zobrist.

provide the leadership and core to stay "closely connected to the

"The way I view that relationship is, it's our iob to support them - I work for them, not the other way around," he addremission, 9th AF so it can coned. "We're continually looking tinue to perform its organize. for ways we can help the wings without slowing down their daily mission. Numbered Air Forces are the operational connectivity between Air Combat Command and its wings."

> Zobrist visited the eight wings in 9th AF to meet with Airmen and see their mission firsthand as part of his duties as

"We've got fantastic commanders at all levels - squadthen bringing in the joint force ron, group and wing – and I have been very impressed with the leadership they've shown, and With 9th AF providing the how they're focused on not just operational piece of organize, the mission but especially taktrain and equip for Air Combat ing care of Airmen and fami-





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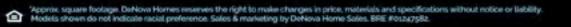


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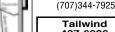
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ouring trk. Ithr. blk

'10 Honda Accord EX-L Sports A/T, Ithr., moon-

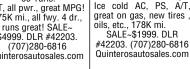
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30 TAILWIND Parting Shots FEBRUARY 10, 2017



Base inducts honorary...

U.S. Air Force photos by Louis Briscese





2) Col. John Klein, 60th Air **Mobility Wing commander,** provides opening remarks during the honorary commander's ceremony Feb. 2 at Travis Air Force Base, Calif. 3) Chief Master Sgt. Steve Nichols, second from right, 60th Air Mobility Wing command chief, and his wife. Senior Master Sgt. Angell Nichols, right, pose with outgoing honorary commander American Canyon Mayor Leon Garcia, left, and his wife, Eva, second from left, as well as incoming honorary commander Dana Dean, Solano **County Board of Education vice** president.

Deadlines

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FEBRUARY 10, 2017 TAILWIND 31 32 TAILWIND FEBRUARY 10, 2017



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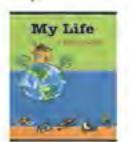
SAVE AUTOMATICALLY.

PLEDGE AND GET A FREE CREDIT REPORT

Financial Freedom Classes at Base A & FRC Join one of TCU's Financial Education classes at the TAFB Airmen & Family Readiness Center or stop-by our branch and enter to win an Apple Watch* and three gift cards.

27 Feb. - Youth Day

Travis Credit Union is hosting a free financial education story time with the children from the Base Child Development Center, where they'll receive:



Small TCU gift bags with smash piggys

Box of crayons and

- Youth Accounts brochure
- Financial education coloring books

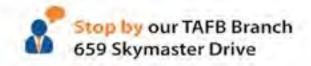


Sign-up online at http://www.travisafrc.com/

27 Feb.	1000-1100	Kick-off Event at TCU branch Free Refreshments provided by KUIC Coffee Break
27 Feb.	1130-1230	Organize Your Financial Records
28 Feb.	1130-1230	Psychology of Spending
i Mar.	0900-1000	Investing Fundamentals
	1130-1230	10 Steps to Financial Success
2 Mar.	0900-1200	Home Buying
	1130-1330	Drive Away Happy: Car Buying Decisions
3 Mar.	0900-1030	Retirement on Track
4 Mar.	1300-1330	Raffle for an Apple Watch* and three \$20 gift cards

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Additional classes will be offered by TAFB Armon & Family Readness Contaplease call (707) 424-2485 for more information





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