



Travis leads way in multimodal ...

# STAGE

PAGES 16-17



# ‘Turn your glove over’ advice sustains

“Turn your glove over.”

I was tired. And slightly annoyed. For what seemed like the thousandth time, my dad threw the baseball to me as I practiced for the spring season my sixth-grade year. My legs ached from squatting into the catcher’s position over and over again. My body dragged from jumping up constantly.

Each time I would snag low pitches with my glove facing down in a backhand position, my dad would say, “Turn your glove over.”

Pitches weren’t that fast at my age and I thought the advice unnecessary as long as I stopped the ball. The technique



**Commentary by Col. John Klein**

60TH AIR MOBILITY WING COMMANDER

I currently used served me well in all the previous games.

All I wanted to do was play. What I didn’t realize at that youthful age was that the pitches – and the game – would get faster.

Little by little, however, turning my glove over and shifting in front of wild pitches to knock them down to prevent a pass ball became second nature. I

didn’t have to think about it and my dad stopped needing to say it. My hand, arm, and body just moved.

I was being prepared for the countless less-than-perfect pitches that would come my way throughout my baseball career. My dad was preparing me to be a better catcher for the

## Commander’s Commentary

sake of the team.

When the spring season arrived months later, practice paid off. Turning my glove over meant I could knock down stray pitches more effectively and also prepare my second and third motions far earlier. The off-season training made me a more successful ball player.

That season was more than 30 years ago and I’ve carried those lessons with me throughout my career. I am humbled to lead the best wing in the U.S. Air Force, with the most innovative Airmen. We all hold incredible power.

And also incredible potential.

Thus, I tell you this: “Turn

your glove over.”

Over the next months, expect to complete training and exercises. We will dedicate hours and days to mission readiness. There will be times when you will ask, “Why am I doing this again? I don’t need this now.”

To which I’ll reply, “You’re right. We don’t need this now. We need it for tomorrow.”

We are creating muscle memory. Certain skills like operating in a chemical, biological, radiological, nuclear environment and self-aid buddy care should and must become second nature. In the end, what really matters, is your ability to fight and win our nation’s wars. You will not get there if we do not practice the basics.

Make no mistake that our adversaries are looking for ways to capitalize on the fact

that we’ve been at war in Afghanistan for 16 years and Iraq for 13. They believe we aren’t thinking about the future.

When I practiced baseball all those years ago, I didn’t realize at the time that it was more than turning my glove over. It also changed my balance and my overall body position. Those hours spent with my dad pushed me to change my perspective.

This is what I’m asking, not just of my leadership team, but every Airman on base. We should focus our efforts on tasks that prepare us to fight and win our nation’s wars. In our business, there is either victory or defeat. It will take strong, authentic and innovative leadership to train our Airmen for tomorrow’s fight. I know I am asking a lot of you, but unlike baseball, we cannot afford lose.



**Commentary by Chief Master Sgt. Steve Nichols**

60TH AIR MOBILITY WING COMMAND CHIEF

# As 2017 ends, be ready for future challenges

Since I came to Travis in July 2016, I have seen our team accomplish so many good things.

Whether it’s a massive undertaking like the airshow, the Unit Effectiveness Inspection Capstone or supporting relief efforts for four natural disasters in less than a month, we have always answered the call. I have seen you all pushed to the limits and come out the other end with a

## Chief’s Commentary

smile on your face and pride in your heart. Make no mistake, your command chief is proud of you.

As we look back toward the accomplishments of last year, we must also look forward. There are new challenges on the horizon and we must be prepared. Readiness is once again at the forefront of our thoughts

and I challenge you to take a look inward and ask, “Am I ready?” Are your personal affairs in order? Is your family able to thrive without you at home? You may be asked to leave at a moment’s notice, and your country needs you to be ready to answer the call.

There are threats all around us. Both the east and west sides of the world come with unique challenges. Some we have been fighting for over

a decade, some present obstacles that we have not had to deal with in a very long time. Operating in chemical, biological, radiological and nuclear environments is a very real possibility. We may face a uniformed military force again. Are you ready?

I challenge you to push yourself further. Our current mission does not stop when a new threat arrives, the tempo just increases.

See NICHOLS Page 24

# Physical therapy helped with recovery

## Commentary by Tech. Sgt. James Hodgman

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Walking down the stairs is an easy task and something people do every day. Most people avoid causing themselves great injury as they navigate stairways at home, work or thousands of other locations.

On July 12, at my home in Fairfield, California, the simple task of walking down the stairs met an extremely painful end. I was carrying a 32-inch TV and thought I was at the last step. Unfortunately, I wasn’t, and when I went to step on what I thought was the floor, all I caught was air.

I fell for a few seconds in what seemed like slow motion. All I thought about while I was falling was, “This isn’t going to be good, and make sure you save the TV.”

I fell to the bottom of the stairway landing with all my weight, more than 200 pounds, on my right foot causing me to roll my ankle in an inverted fashion. “Ahhhhhh!” I screamed. The TV fell to the floor.

My 9-year-old daughter ran down the stairs to see if I was OK. As I sat there rubbing my injured foot she hugged me and got me an ice pack. I told her I was going to be fine and everything was going to be all right.

A few moments later, I tried to walk to the couch and realized something was wrong. I could barely put any weight on my right foot and could only move around by hopping on my left leg.

Hours later, I was in the emergency room at David Grant USAF Medical Center at Travis Air Force Base, California. Doctors told me I suffered an ankle sprain after initial reviews of my X-rays



U.S. Air Force photo/Airman 1st Class Jonathon D. A. Carnell

**Staff Sgt. Christian J. Taylor, left, 60th Medical Operations physical medicine technician, directs his patient Tech. Sgt. James Hodgman, 60th Air Mobility Wing Public Affairs NCO in charge of command information, Nov. 27 at the physical therapy clinic inside David Grant USAF Medical Center at Travis Air Force Base, Calif. The physical therapy clinic is comprised of dedicated professionals who specialize in providing care for musculoskeletal disorders and movement dysfunction.**

didn’t show any breaks. I was fitted for a walking boot and released.

A week later, I met with Dr. (Capt.) Chelsey Villanueva, 60th Medical Group Family Health Clinic physician. At that appointment, I learned my injury was worse than originally thought, as further review of my X-rays showed I suffered a cuboid avulsion fracture.

The cuboid bone is one of the seven

tarsal bones located on the lateral side of the foot. It’s cube-shaped and connects the foot and the ankle. An avulsion fracture occurs when a bony attachment of a muscle cracks the bone such that the end of the tendon is dangling with a piece of the bone.

Basically, one of the tendons in my right foot pulled away from the cuboid bone with so much force, it tore a piece of

the bone off.

“Way to go,” I thought to myself.

In January, I set a goal of running another marathon. However, work and life seemed to always find a way to hinder my training.

“How long will it be until I’m back to 100 percent?” I asked.

“It’ll likely be awhile,” answered

See HODGMAN Page 22

# Tailwind



Travis AFB, Calif.  
60th Air Mobility Wing

**Air Force**  
Col. John Klein

60th Air Mobility Wing commander

**Staff Sgt. Nicole Leidholm**  
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Correspondence can be sent to the 60th Air Mobility Wing Public Affairs staff, Tailwind, 400 Brennan Circle, Bldg. 51, Tra-

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Deadline for copy is 4:30 p.m. Friday for the following Friday’s issue. Swap ads must be brought to Bldg. 51 by noon Monday for possible print in that Friday’s issue. Emailed or faxed Swap Ads are not accepted.

Those on base wishing to receive home delivery of the Tailwind can call 427-6975 today.

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

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

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## On the cover

**An Army helicopter sits aboard a C-5M Super Galaxy at Naval Station Rota, Spain, during the multimodal stage mission. Airmen from Travis Air Force Base, Calif., led the mission, which took place in October and November.**

Courtesy photo



U.S. Air Force photo/Louis Friscione

# WARRIOR OF THE WEEK

**Name:**  
Staff Sgt. Sarina Trego.

**Unit:**  
60th Logistics Readiness Squadron.

**Duty title:**  
NCO in charge of fuels laboratory.

**Hometown:**  
Bemidji, Minnesota.

**Time in service:**  
Five years.

**Family:**  
Mother, father and brother.

**What are your goals?**  
To obtain Community College of the Air Force degree, bachelor’s degree in zoology and then a master’s degree.

**What are your hobbies?**  
Spending time with friends and family, working out, running, swimming, exploring new places, watching movies and playing video games.

**What is your greatest achievement?**  
Making staff sergeant my first time.



U.S. Air Force photo

David Grant USAF Medical Center will celebrate the completion of a modernization project with a Dec. 20 ceremony.

## DGMC to complete modernization

**Merrie Schilter-Lowe**  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

The 60th Medical Group will hold a ribbon cutting ceremony Dec. 20 to celebrate the completion of a \$13 million modernization project at the David Grant USAF Medical Center at Travis Air Force Base, California.

The 40,376-square-foot project was started in September 2014 and completed Dec. 1.

"The two major components of this project were to reconstruct the second floor Family Medicine Residency Clinic and construct a new Teddy's Watch (day care center)," said Lewis Martin, Air Force Medical Support

Agency health facilities project director.

The ceremony will be held in the FMRC patient waiting area at 8:30 a.m., followed by a tour of the surgical center, post anesthesia care unit and endoscopy and cystoscopy suites.

DGMC was built in 1988. Although the primary structure is in good condition, several departments needed renovations to accommodate the latest technologies, changing medical practices, staffing increases and mission changes.

Air Force Medical Services officials explained in the request for bids that DGMC's antiquated layout forced the 60th MDG to bed

down departments in areas not designed for those purposes.

For example, the FMRC outgrew its original space and was moved into a 1980s, design cobbled together from two separate clinics resulting in inefficiencies and a suboptimized training program.

The redesigned clinic allows for the implementation of lean healthcare initiatives, streamlined patient care and space for the Behavioral Health Optimization Program's psychologists, clinical social workers and psychiatric nurses. Previously, the BHOP was located across the hall from the clinic.

The redesign project

also included relocating the physicists' office and support areas adjacent to the MRI department on the first floor and relocating the pathology offices and support functions outside the main core laboratory on the second floor.

Additionally, the lab's three existing pathology offices were converted to an open space in the core lab. The laboratory also was expanded, providing lab technicians easy access to other areas in the laboratory.

DGMC provides medical care for more than 96,000 TRICARE beneficiaries and more than 388,000 Veteran's Health Administration patients.

## Hackers help to bolster posture

**Trevor Tiernan**  
24TH AIR FORCE PUBLIC AFFAIRS

NEW YORK — Within 30 seconds of receiving the order to "start hacking," researchers at the Hack the Air Force 2.0 event discovered two vulnerabilities — exactly the result the organizers were hoping for.

The researchers were cyber security specialists invited to the Dec. 9 event in New York to identify security gaps in Air Force websites.

Hack the Air Force 2.0 is a continuation of the Hack the Air Force event held in June 2017. Initiated by the Defense Digital Service, the event is a by-invitation opportunity for computer experts outside the Air Force to assist in strengthening the service's defensive cyber posture, by discovering and reporting vulnerabilities in Air Force websites.

DDS contracted HackerOne, an internationally respected vulnerability disclosure and bug bounty company, to host and coordinate the event. Twenty Fourth Air Force sent a team of Airmen from the 90th, 315th, 352nd and 390th Cyber Operations Squadrons to work alongside their industry counterparts discovering bugs and weaknesses.

"This was a first to showcase our offensive capabilities in an official capacity alongside private and commercial sectors and international partners," said Maj. Gen. Christopher Weggeman, 24th AF commander. "Not only does this program strengthen those partnerships, it allows the Air Force to both teach and learn from the best and brightest outside of the (Department of Defense)."

Even though HackerOne

See HACKERS Page 26

## Update life changes in DEERS

**60th Air Mobility Wing Public Affairs**

Whether you're relocating, getting married or divorced, new additions to the family by birth or adoption, retiring or any other life-changing events, it is crucial to update your information in the Defense Enrollment Eligibility System.

Significant life event information must be updated in DEERS to ensure uninterrupted access to TRICARE benefits.

To register at Travis Air Force Base, California, and receive a uniformed services identification card, family members and their sponsor must present documentation such as a marriage or birth certificate and Social Security card to the customer support and ID card section which is located on the first floor in Bldg. 381, Wing D-100. All documents must be original or certified copies.

Although service members are automatically registered in DEERS, eligible family members must be registered at the ID card section as well. Inaccurate or outdated information in DEERS may result in enrollment and claims errors or non-delivery of important beneficiary information by mail.

Contact information can be updated in DEERS in person at the military ID card section, by phone, fax, mail or online. To register online, visit <https://www.dmdc.osd.mil/mydodbenefits> or <https://www.dmdc.osd.mil/appj/bwe>.

Beneficiaries may also call the Defense Manpower Data Center Support Office at 800-538-9552 to update addresses, e-mail and phone numbers. Changes can be faxed to 831-655-8317, or mailed to: DMDC Support Office, 400 Gigling Road, Seaside, CA 93955-6771. To schedule an appointment, visit <http://bit.ly/2AivrFV>.

The website contains information on operating hours, directions to the facility and how to replace a lost or stolen ID card.

## Dumping could result in fines

**Merrie Schilter-Lowe**  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

They've found microwave ovens, cans of paint, used motor oil, household cleaning liquids and even a refrigerator in the trash dumpsters on base.

All of these items contain toxic elements that can threaten human health and the environment, said Douglas Berndsen, 60th Civil Engineer Squadron hazardous waste program manager at Travis Air Force Base, California.

"The worst things we've see in the dumpsters are antifreeze, automotive oil and car batteries," said Berndsen. "If they would have spilled, a spill team — such as the fire department — would have to clean up the mess."

Additionally, if the U.S. Environmental Protection Agency finds these items in the waste containers, "it could result in a \$25,000 fine per incident per day," said

See FINES Page 19



U.S. Air Force photo

Items from paint cans to motor oil have recently been illegally dumped at Travis Air Force Base, Calif. If the Environmental Protection Agency finds these items, the base could be fined \$25,000 per incident per day.

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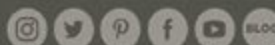
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### Raiders player visits base



U.S. Air Force photo/Louis Briscose

Oakland Raiders tight end Lee Smith signs an autograph for Tech. Sgt. Joshua Wells, 60th Security Forces Squadron, during a visit Dec. 5 to the Base Exchange at the Travis Air Force Base, Calif. Smith has played seven seasons in the NFL with the Oakland Raiders and Buffalo Bills.

### Airmen encouraged to update vRED, SOES

Casualty Matters Division AIR FORCE PERSONNEL CENTER

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Airmen should review and update their virtual Record of Emergency Data and their Servicemembers' Online Election System information annually, before deploying and each time they experience a major life change, such as marriage or divorce, permanent change of station or birth of a child.

vRED replaced the paper-based form in 2003 as the way for active, Guard and Reserve Airmen to provide personal

emergency information. "Accurate information helps ensure families are cared for during a crisis and prevents unnecessary delays," said Maj. Pamela Nuila, Air Force's Personnel Center Air Force Casualty Services chief. "Having up-to-date information is critical when Air Force casualty officials need to contact family members when an Airman goes missing, suffers a serious illness or injury, or dies. It also assists with prompt casualty reporting and notification, as well as compassionate follow-on assistance to surviving family members."

See UPDATE Page 19

Advertisement for Judy Gress, REALTOR, featuring contact information and a list of services.

### Travis pilot leads team in Mexico City

Capt. Whit Gremillion, 21st Airlift Squadron C-17 Globemaster III pilot, poses for a portrait on the flightline Dec. 5 at Travis Air Force Base, Calif. In September, at the request of the Mexican government, Gremillion was the aircraft commander for a team that delivered a 67-person U.S. Agency for International Development elite disaster team and their equipment to Mexico City in support of search and rescue efforts after a 7.1-magnitude earthquake struck the country.

U.S. Air Force photo/Master Sgt. Joey Swafford



### AF unveils 'deployed teaming'

Secretary of the Air Force Public Affairs

WASHINGTON — The Air Force announced another milestone under the chief of staff's number two focus area: Strengthening Joint Leaders and Teams.

Airmen deploying on individual taskings will now deploy in teams of three or more. This move will provide mutual support during the entire deployment continuum. This directive, effective Nov. 30, is referred to as "Deployed Teaming."

"Deployed Teaming places a See TEAMING Page 23

USAA advertisement for "GET PAID EARLY" with a background image of a man in a military uniform.



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# Holidays can be challenging for survivors of assault

**Anita Perry**  
 60TH AIR MOBILITY WING SEXUAL ASSAULT  
 RESPONSE COORDINATOR

With all the hustle and bustle of the holiday season and the expectations of perfect holiday get-togethers, the feeling that everyone seems happy and healthy may not always be true.

All of these things and so many other aspects of the holidays, can lead to stress and ill health for survivors of sexual assault.

For many survivors, the holidays can be a time of struggle, a time of feeling alone with their grief, either as painful memories flood back or as current abuse takes place without others' knowledge.

While there is no magic wand that can be waved to make the holidays easy for survivors, certain actions can help make the holidays just a little less stressful.

Don't compare your circumstances to others around you. Yes, your co-worker may seem tremendously happy and may appear to have a storybook life. But comparing his or her circumstances to yours isn't helpful.

Perhaps your circumstances are less than perfect this year. It doesn't mean they won't be better next year. It may take work and self-reflection, but try to control your negative thoughts by remembering happy times in your life or things for which

**More info**  
 Call the Travis Sexual Assault Hotline at 707-424-7272 for 24/7 support or for information.

you're grateful for today rather than thinking about the abuse.

You can minimize stress by maintaining a manageable schedule. That may mean lowering expectations about typical season stressors such as buying ideal gifts, attending holiday parties or making homemade delicacies. Lowering expectations can have the profound impact of lowering a survivor's stress level, which can improve an individual's health around the holidays.


It is helpful for survivors to practice self-care over the holidays. Take time to sit and savor a cup of warm tea or coffee, plan a lunch with close friends, enjoy a peaceful walk in the woods or plan quiet time for activities that lower your stress level. Taking time to nurture yourself may bolster your strength and carry you through the holiday season.

Travis Air Force Base, California, Sexual Assault, Prevention and Response Office has knowledgeable staff and volunteers who provide information or a listening ear. They can help and provide support anytime.

Call the Travis Sexual Assault Hotline at 707-424-7272 for 24/7 support or for information.

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See Travis pics on **FLICKR** via <https://www.flickr.com/photos/99847360@N07/>

# Andersen celebrates opening of training center



U.S. Air Force photo/Staff Sgt. Benjamin Gonsier

**Airman 1st Class Gerald R. Willis**  
36TH WING PUBLIC AFFAIRS

ANDERSEN AIR FORCE BASE, Guam — The largest troop-built construction project in the Pacific since the Vietnam conflict came to a close recently, with the completion of the Pacific Regional Training Center at Andersen Air Force Base.

On Dec. 7, the 554th Rapid Engineer Deployable Heavy Operational Repair Squadron Engineer Squadron held a ribbon-cutting ceremony celebrating the conclusion of more than 70 construction projects, valued at \$251 million, making up the new PRTC on Northwest Field. Airmen throughout Pacific Air Forces will use the facilities to

prepare for real-world contingency and deployment missions.

“This site will ultimately be the platform to provide essential civil engineer training for thousands of Airmen every year,” said Master Sgt. Raymond Worley, 554th RHS lead planner for the center. “Instructors from both Commando Warrior and the REDHORSE’s Silver Flag flight can now provide training to nearly 3,000 security forces, civil engineer, force support and partner-nation personnel year-round.”

After the original construction of Northwest Field during World War II, the PRTC revitalized use of the grounds instead of developing new areas and will enable service members to stay “Prepared to Prevail” throughout future conflicts or contingencies in the region.

The new facilities were built by REDHORSE Airmen. Wearing distinctive red ball caps,

these Airmen are trained and equipped to complete heavy construction and airfield repair missions in expeditionary environments.

“Over the past nine years, the troop-built project, led by the 554th RHS, brought together numerous sister units throughout the Air Force, Navy and partner nations to assist and gain valuable training experience while completing construction projects,” Worley said. “Troop-built projects save the Air Force time and money and allows service members to meet similar goals as they would in a contingency environment.”

The historic airfield also serves as a training ground for Silver Flag, a recurring exercise enabling Airmen from across PACAF to practice vital airfield damage assessment, airfield marking, crater repair and expeditionary airfield

See CENTER Page 24

Indian Air Force Wing Commander Janardhana Reddy Neelam high-fives U.S. Air Force Master Sgt. Simon Zika, 554th Red Horse Squadron, during a subject-matter expert exchange Oct. 25, 2016, at Northwest Field, Guam.



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## Base rings in season at tree lighting



U.S. Air Force photo/Master Sgt. Joey Swafford



U.S. Air Force photo by Airman 1st Class Jonathon D. A. Carnell

1) The lights on the Travis Air Force Base, Calif., tree are switched on during a holiday tree lighting event Dec. 8 at the Airmen Family Health Center at Travis. The annual event is used by Travis to celebrate the beginning of the holiday season. 2) The U.S. Air Force Band of the Golden West performed Dec. 8 at the ceremony.




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Capt. Eric Walter, 386th Expeditionary Medical Group physical therapy element chief, uses thoracic manipulation to treat Senior Airman Calvin Lourens, 386th Expeditionary Logistics Readiness Squadron passenger service specialist, Dec. 7 at an undisclosed location in Southwest Asia.

U.S. Air Force photo/Tech. Sgt. Louis Vega Jr.



## PT program increases readiness downrange

**Tech. Sgt. Louis Vega Jr.**  
386TH AIR EXPEDITIONARY WING  
PUBLIC AFFAIRS

SOUTHWEST ASIA — An innovative system is being used to help Airmen remain mission ready and physically capable, allowing them to be more productive in their duties downrange.

With the help of a colleague, Capt. Eric Walter, 386th Expeditionary Medical Group physical therapy element chief, has developed a proactive approach to physical therapy at an undisclosed location in Southwest Asia.

“We embed into a unit for a set number of weeks,” said Walter. “We bring out two tables

and all our gear, treating patients as if they had come to the clinic.”

While Walter evaluates and re-evaluates, his only assistant, Staff Sgt. David Dillow, 386th EMDG PT technician, thoroughly executes the plan of care.

“We try to help patients with injuries obtained from the (area of responsibility),” said Dillow. “But we don’t turn people away who have had past injuries. We know past injuries can flare up and affect job-related duties.”

The program is intended to reach out and visit units performing heavy labor jobs with

See PROGRAM Page 21



U.S. Air Force photo/Senior Airman Devin Boyer

Col. Joseph H. Wenckus, 86th Airlift Wing vice commander, taxis a C-130J Super Hercules to its place on the flight line Dec. 4 on Ramstein Air Base, Germany. The new aircraft was flown from the Lockheed Martin Aeronautics Company in Marietta, Ga., and delivered to the 37th Airlift Squadron at Ramstein AB.

## Newest Herc joins Ramstein fleet

**Airman 1st Class Savannah L. Waters**

86TH AIRLIFT WING PUBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany — A new model C-130J Super Hercules arrived Dec. 4 at Ramstein Air Base, Germany, as part of a rotational process to upgrade existing aircraft.

A crew assigned to the 37th Airlift Squadron crossed the Atlantic Ocean to retrieve the aircraft from the Lockheed Martin Aeronautics Company production facility, in Marietta, Georgia.

The C-130J, an upgraded version of the C-130 Hercules legacy model, adds 15 feet to the fuselage and increases usable space in the cargo compartment. The new aircraft replaces one of 14 C-130J’s at Ramstein AB, helping avoid potential problems with the Air Force’s aging fleet.

“I can’t overstate the importance and significance of rebalancing our fleet,” said Col. Joseph Wenckus, 86th Airlift Wing vice commander, “Replacing older aircraft rotationally allows us to balance out the number of older and newer

planes in any given location, which strengthens the force.”

The concept, according to Air Mobility Command, is called “Enterprise Fleet Management,” and allows extended aircraft life by rotating aircraft amongst units across the Air Force.

Some aircraft are more vulnerable due to the operational environment or requirements driven by mission demands, shortening the lifespan of any given aircraft, said Wenckus.

“With missions, required maintenance and wear and tear more spaced-out across all Air Force units, we are able to better maintain Ramstein [AB’s] tactical airlift fleet and continue to serve two combatant commands,” said Wenckus.

According to Lockheed Martin, the aircraft is built on the legacy of the basic C-130 design, however, the C-130J features a large, unobstructed, fully-pressurized cargo hold that can be rapidly reconfigured for carrying troops, stretchers, passengers, or air-drop of troops and equipment into battle zones.

The aircraft also features upgraded avionics, improved

lift capacity, superior climb performance and long-range landing field capabilities.

“The avionics are astronomically better in this aircraft than the older legacy model,” said Maj. Kyle Bucher, 37th AS C-130J pilot. “It has improved performance, it’s faster, burns less fuel, carries more and requires fewer crew members.”

The versatile aircraft is used across the Air Force for medical evacuation, humanitarian, airdrop, cargo delivery, firefighting, aerial refueling, aerial spray and arctic support missions.

With continuous production longer than any other military aircraft, the C-130J has earned a reputation as a workhorse ready for any mission, anytime, anywhere.

The 37th AS provides air support to European Command and Africa Command, ensuring tactical airlift assets and mission readiness for the theatre, said 1st Lt. Melinda Marlow, 37th AS C-130J pilot.

“The thing I love the most about the Herc is the mission support role that we play,” Marlow said.

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# JTACs, aircrews participate in joint exercise

**Airman 1st Class  
Donald C. Knechtel**

28TH BOMB WING PUBLIC AFFAIRS

ELLSWORTH AIR FORCE BASE, S.D. — Aircrews from Ellsworth Air Force Base worked side-by-side with members of the 582nd Helicopter Group out of F.E. Warren AFB, Wyoming and joint terminal attack controllers from the England's Royal Air Force during a joint-training exercise Dec. 4-8 over the Powder River Training Complex in western South Dakota.

The exercise provided each unit an opportunity to integrate with Air Force Global Strike Command platforms and improve their strengths and capabilities in the field.

"It's important that we train with other units, because it not only proves our abilities, but it shows the other squadrons what their proficiencies are," said Staff Sgt. Travis Akerson, 37th Helicopter Squadron special missions aviator. "When we work together, it paints a picture of what we are capable of accomplishing."

The combination of JTACs in the field created a unique opportunity for units to conduct realistic training; however, while B-1B Lancer aircrews have had extensive training with JTACs in the past, it was a rare opportunity for those in the UH-1N Huey.

"What we are training on is working with high-speed JTACs," said 1st Lt. Jesse Togawa, 37th HS chief of plans and programming. "As a unit, we are tactically employing our aircraft in the ways that they need us to in a large-scale operation

like this one. We don't get many chances to work with JTACs, so this is a great opportunity for us."

During the exercise, JTACs worked with aircrews from both the B-1 and the UH-1N Huey helicopter, providing them with tactical information for targets in the field.

"This is the first time we have worked with the B-1s," Togawa said. "The training objective in this operation is how to integrate with the other airframes, especially those that are widely different from the rotary-wing

aircraft. It's important to see what would happen in a real world situation with multiple entities working together seamlessly in the field."

The operation provided experience to Ellsworth AFB aircrew for future missions.

"This training was done because it gave us an opportunity to practice for our next deployment," said Capt. Julien Adams, 34th Bomb Squadron weapon systems officer. "In training like this, it's always great to have real JTACs instead of having an

**See EXERCISE Page 23**

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U.S. Air Force photo/Airman 1st Class Donald C. Knechtel  
**A B-1B Lancer from Ellsworth Air Force Base, S.D., flies over a UH-1N Huey helicopter from the 37th Helicopter Squadron at F.E. Warren AFB, Wyo., during a joint exercise Dec. 7 at the Powder River Training Complex in western South Dakota.**

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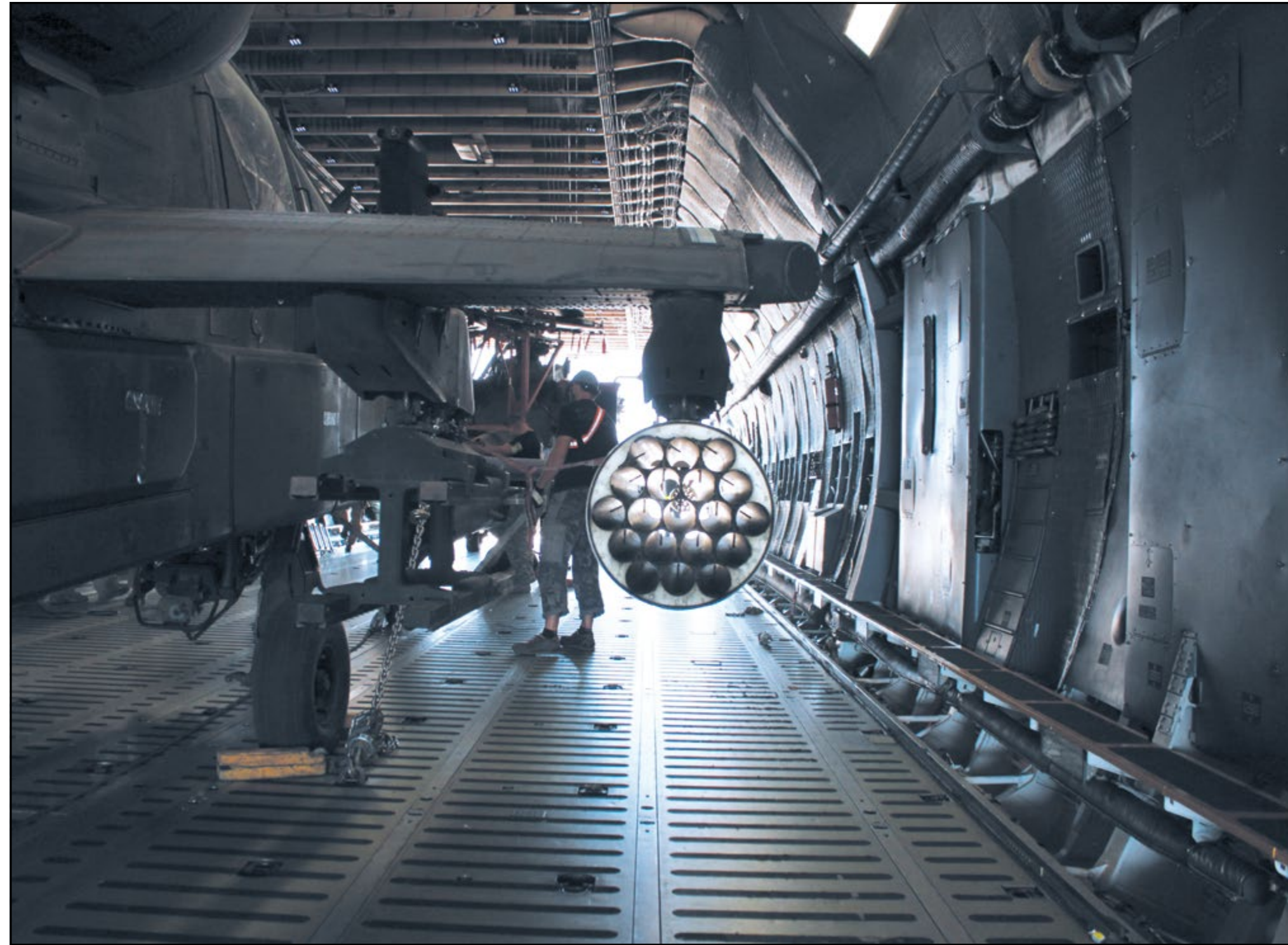
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# Travis takes charge in multimodal stage

**Nick DeCicco**

60TH AIR MOBILITY WING PUBLIC AFFAIRS

During a busy fall which included hurricane relief missions to Puerto Rico, U.S. Virgin Islands, Texas and Florida as well as combating wildfires in the North Bay, Airmen at Travis Air Force Base, California, still needed to complete their routine missions.

One of these was the fall installment of a biannual multimodal stage transportation. In October and November, a joint-service operation brought together Airmen from Travis as well as Dover Air Force Base, Delaware, to move 3.5 million pounds of cargo from the continental United States to Bagram Air Base, Afghanistan, by way of Naval Station Rota, Spain.

Using C-5M Super Galaxies, Airmen from the two bases launched 44 missions in 29 days to transport 90 helicopters, 368 pallets of cargo and 185 vehicles in order to deploy the Army's 3rd Combat Aviation Brigade and redeploy the 16th CAB.

"They move their helicopters to the European location and then, in which, we just do a swap back and forth for the equipment coming out and the equipment going in," said Maj. Mike Rallo, 22nd Airlift Squadron chief of standardization and evaluation.

Rallo was the lead stage director, putting him in charge of



Courtesy photos

crews, people, equipment, maintenance support and aircraft for the stage. Air Mobility Command will designate a location as a "stage" to maximize efficiency for missions of this nature, locations where the Air Force needs to conduct a heavy amount of business for a limited time.

Three aircrews from Travis — two from the 22nd AS as well as reservists from the 349th Air Mobility Wing's 312th AS — joined with two active duty and

one reserve unit from Dover.

Rallo oversaw the operation, which he said was complicated due to the unusually high operations tempo.

"There was a challenge right from the get-go in the planning phase," he said. "We got put right into the planning phase of the stage and while this was going on, there was also a massive humanitarian effort that was going on at the same time from all of the hurricanes that we don't usually deal with. That's not one

of the things that you can plan for. So right off the bat, we were planning this between myself and my counterparts in Rota, and we probably had a lot less help than what typically is given in the planning process because so many people, and so many resources were being utilized for the humanitarian effort at that time."

Rallo said managing the multiple, concurrent missions made for a complicated process.

"Getting that amount of

people from all those different organizations to the same place at the same time just to start was a challenge in itself," said Rallo. "It was at least one aircraft launching every day and, in some cases, we had three aircraft launching and returning in one day."

"We basically put ourselves in a rotation so that planes were continuously moving. At no point in time throughout the entire stage was there ever a day that we did not have airplanes airborne."

The continuous flow of cargo was in anticipation of the Nov. 8 deadline for the 3rd CAB to arrive in country, with its assets, ready to begin its deployment. Rallo said the flow is so that soldiers are not put in a scenario where they are downrange, but their assets are not there.

"Meeting that required delivery date or as close as possible as we can, (ensures) that those helicopters or any of the other assets that we're moving into country are in position to support the combatant commander," said Rallo. "They're in position to support the forward-operating locations, the Forward Operating Bases, the ground troops, anybody who is deployed downrange right now who needs Army combat helicopter support. We have to have that cargo in place to meet that mission."



Airmen from Travis Air Force Base, Calif., and Dover Air Force Base, Del., launched 44 missions in 29 days to transport 90 helicopters, 368 pallets of cargo and 185 vehicles in order to deploy the Army's 3rd Combat Aviation Brigade and redeploy the 16th CAB from Naval Space Rota, Spain, in October and November.



## Fines

From Page 5

Berndsen.

So far, the base has been lucky, said Anthony Llanes, 60th CES environmental protection specialist.

“Fortunately, we found this stuff first because someone called us,” said Llanes.

But that’s not always the case when it comes to small appliances and other electrical wastes such as computers and televisions.

“People should take e-waste to the Solano County or Vacaville (California) recycling centers,” said Llanes. “Since we don’t know who dumped these items, we have to pay for the removal and disposal.”

The situation in the dormitory areas is even worse since that’s where most household items end up.

“People have tossed sofas, mattresses, lawn furniture and even a dining room table that was set outside the dumpster,” said Master Sgt. Michael Mann, 60th CES dormitory superintendent. “People with base access have even brought items on to the base to dump. We know because we’ve

found their personal mail along with the items.”

According to Mann, two months ago, they used dormitory funds to buy two cameras with security boxes to monitor the areas and are working with the first sergeants group to help identify culprits.

“When we catch people in the act, we tell them on the spot that the dumpsters are for dorm residents,” said Mann. “Some have said, ‘Oh, we didn’t know that. We thought anyone could use them.’”

With more than 1,000 dormitory residents, the dumpsters fill quickly with just ordinary trash. When bulky household items are added to the mix, it becomes a quality of life issue, said Mann.

“It definitely affects (residents’) quality of life because they have nowhere else to put their trash,” said Mann. “They have to either take their garbage back to their rooms or leave it outside the dumpster.”

And that practice has created another problem.

“Raccoons and rodents get into the bags looking for the food,” said Mann. “It’s not just an eye sore, but the dump trucks don’t have to pick up the trash outside the dumpsters, so every morning, our Airmen do a trash walk first

thing (in the morning) to police the area and maintain the appearance of the campus. We waste a lot of man-hours,” said Mann.

Currently, the back of Mann’s own truck is filled with abandoned items.

“The (Defense Logistics Agency) used to help us out by taking this stuff,” said Mann. “Now that they have moved off base, we have nowhere to take it and we don’t have the money to take it off base for disposal.”

Mann said the 60th CES is working with base leadership to educate people about unauthorized dumping, especially in the dormitory areas. By installing cameras, they hope to put a stop to the practice.

“The biggest thing we hope happens is that we can educate people and have them help spread the word,” said Mann.

People who live in base housing have the option of calling Republic Services to schedule pick up of large items, or they can contact Balfour Beatty Communities Housing for a free voucher.

“The voucher allows them to take items to the Potrero Hills Landfill,” said Matt Foster, 60th CES housing element chief.

The landfill is located in near-by Suisun City, California.

## Update

From Page 6

As important as the vRED is, recent data reveals that more than 35 percent of Airmen across the Total Force have not reviewed or updated their vRED information within the last year.

“Delays in next of kin notification are usually associated with the vRED having incomplete or outdated information,” Nuila said. “It’s important that Airmen validate and update this information.”


The vRED can be accessed through myPers at <https://mypers.af.mil/> or via the virtual Military Personnel Flight on the Air Force Portal. On the myPers home page, Airmen should click the “Update my virtual Record of Emergency Data” link and follow the instructions. On vMPF, select “Record of Emergency Data” at the bottom left of the screen.

The form takes most people about 15 minutes to fill out and requires addresses and phone numbers for emergency contacts.

Along with the vRED update, SOES elections are equally important. Last August 2017, the Air Force began a 12-month roll out of SOES by birth month. SOES enables Airmen to make automated Service members’ Group Life Insurance and Family SGLI coverage/beneficiary elections 24/7, 365 days a year via the milConnect application at [www.dmdc.osd.mil/milconnect](http://www.dmdc.osd.mil/milconnect).

With approximately 40,000 Total Force Airmen having a birthday each month, the Air Force should be quickly approaching 160,000 Airmen having selected their beneficiaries and certifying their elections. However, as of Nov. 22, 2017 only 97,738 Airmen had updated and certified their elections.

“We’re asking commanders and first sergeants at all levels to stress the importance of having their Airmen log into SOES and update and certify their elections” said Nuila. “Airmen do not have to wait for their birth month to update SOES, especially if they experience a major life change such as marriage or divorce.”



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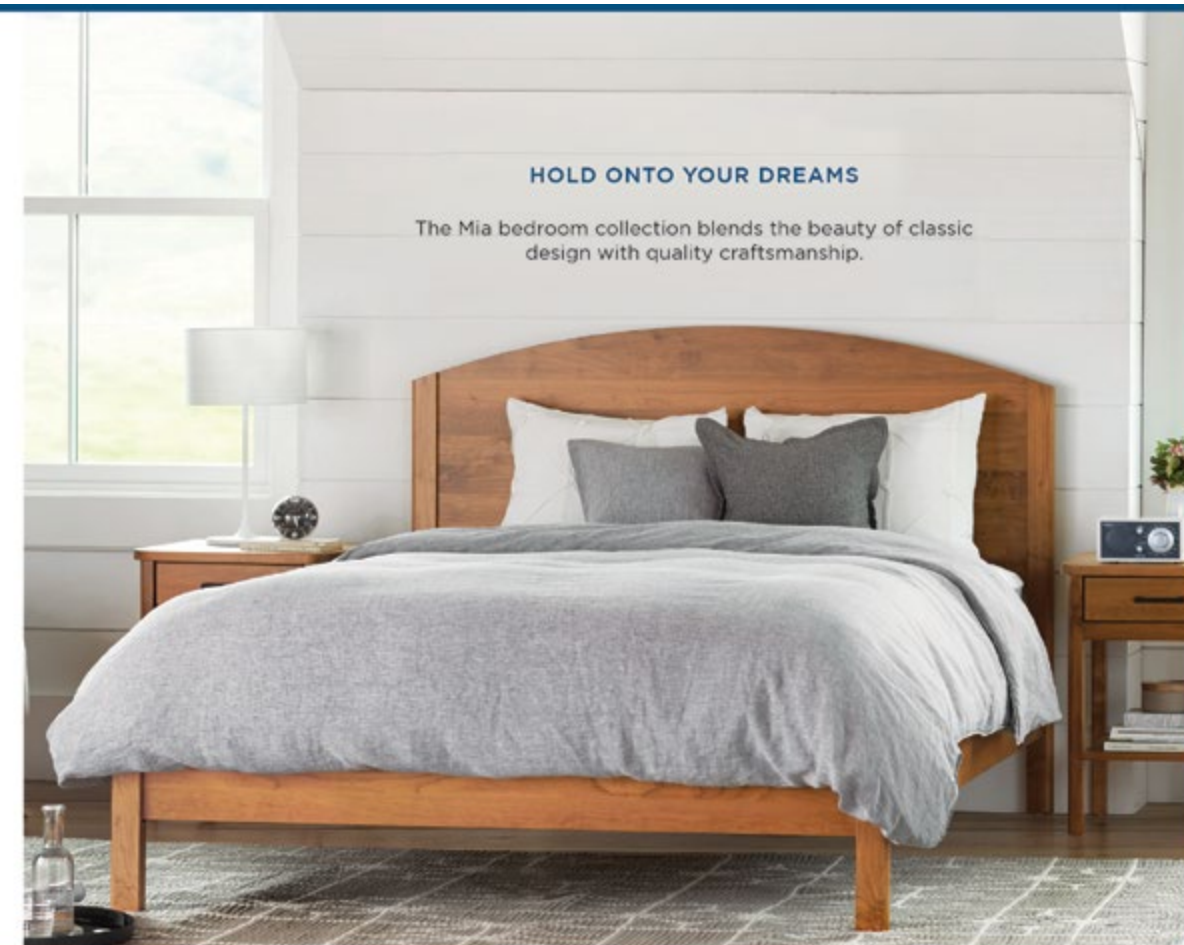
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## Program

From Page 12

an inability to get to the medical clinic as well as frequent patients of the clinic.

This system is designed to positively impact as many people as possible in a short amount of time. There is much less time wasted going through the appointment process in the clinic. Another benefit is that it increases unit morale knowing that the PT team is thinking

about their unit.

The teams' overall goal is to see less people every week.

"We want to be a jumpstart and provide coaching for each patient and give them tools to become more fit-to-fight Airmen," expressed Walter.

This is the first and only PT deployed embedded program, and it started in August 2017 with a pilot unit.

"On the first day we evaluated 21 patients and on the final day, after seven weeks of embeddedment, we only saw four with

no returning patients," said Walter. "We ask each person we see to follow-up with us the following week if things get better. We keep track of everything we did the week before to provide high quality care."

Walter also stated that the success of the program so far has been enormous.

"We work around a mission," said Senior Airman Calvin Lourens, 386th Expeditionary Logistics Readiness Squadron passenger service specialist. "When they come

down here it makes it easier for us. After they visit I feel re-freshed and more comfort. I am able to take what they teach me and work with it."

Lourens suffers from pain in his shoulder and was treated by Walter and given exercises to strengthen specific muscles by Dillow. This was his second visit with the PT team.

Walter has received feedback from the units and their commander's highlighting the benefit of the program. He has tracked less units coming into

the clinic for therapy after embedding into the unit. The plan going forward is to utilize the system for upcoming rotations to help ensure Airmen are mission ready.

"I thank God for the opportunity to serve the men and women who are so close to the mission," said Walter. "It's an honor to serve alongside Staff Sgt. Dillow, who I wouldn't be able to do this without. Finally, it is a blessing to be able to help rehab and strengthen the world's greatest Air Force."

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# Hodgman

From Page 3

Villanueva. "You suffered a serious injury, and it's going to take some time to heal."

So long marathon. I was fitted with a cast, issued crutches and advised to stay off my right foot for up to six weeks. Getting around on crutches was difficult. Performing simple tasks like going from my car to the office with my morning coffee was quite a challenge. I learned how to carry my coffee in my left hand, secure my crutches under my arms and hop on my left foot to move forward. Thankfully, some of my co-workers often saw me struggling and offered to carry my coffee to my desk.

Over the next five weeks, I crutched myself into work, to my kid's gymnastics and martial arts classes, up and down the stairs in my house and everywhere else. It didn't take long for me to loathe having to use crutches. I missed the freedom I had before. I missed having the ability to walk wherever I wanted or run if I chose to do so. I couldn't wait to get my

cast off.

On Aug. 25, my cast was removed and doctors conducted an evaluation of my right foot. The evaluation brought good and bad news. The good was my cuboid bone had healed and I could stand and walk. The bad was since my right foot was in a cast for so long, it lost much of the strength, mobility and stability it had before.

In November, I reported to the Physical Therapy Clinic at DGMC to get my foot back to full strength. During my first training session, I spent more than an hour working with Master Sgt. James Mallard Jr., 60th Medical Operations Squadron Physical and Occupational Therapy Clinic flight chief.

Mallard had me warm-up by walking on a treadmill, followed by some ladder drills, jump rope and then he had me run for 15-minutes on an Anti-Gravity Treadmill. It felt so good to run, even if it was only for a little while. I kept increasing the speed and at one point, I was running at 8 mph.

The Anti-Gravity Treadmill takes on a portion of an individual's weight making it easier for patients recovering from knee, ankle and foot injuries to build

up the strength necessary for running. On that first day, the machine was carrying 25 percent of my body weight.

I really enjoyed working with Mallard too. He explained how every maneuver was supposed to be performed, answered any question I had and made me feel comfortable. I felt like he cared about my recovery as much as I did and I feel the same way about everyone who works in the PT clinic.

More than 20 professionals work in the clinic including physical therapists, occupational therapists and nearly a dozen physical medicine technicians. They're a team of amazing people who've encountered more than 13,000 patients in 2017. If those numbers sound impressive, it's because they are.

According to Mallard, the clinic's average daily inpatient workload is approximately 55 percent greater than any other Air Force military treatment facility. The clinic overall is the second busiest PT facility in the Air Force.

At my second therapy session, I met Senior Airman Qubilah Lambert, 60th MDOS physical medicine technician. Our session started out similar to

my first with a quick warm-up, stretching, running on the Anti-Gravity Treadmill and concluded with jumping rope.

Eventually our training session had to end, which was news I didn't want to hear. I wanted to keep training and I told Lambert that.

"We have to stop, sir," she said. "My next patient is here."

"No," I replied. "Let's keep going. We can't be done yet."

I enjoyed working with Lambert because she was challenging me. She had me jump rope for 30 seconds multiple times and I felt my foot getting stronger. I was dripping sweat, but stopping was not on my to-do list.

"I'm sorry, sir," said Lambert with a smile.

Reluctantly, I walked over to my water bottle, took a sip and scanned the room. I saw several people working on some form of physical rehabilitation. Some were recovering from knee injuries, others were dealing with back problems and one man was rehabbing his right shoulder. I realized all of them needed the same attention and care as I did, and despite how much I wanted to be selfish and work with Lambert exclusively, others needed her help.

Later, I learned Lambert loves her job, the impact she has and even the time she spent working with me.

"I like helping people get better," she said. "It's very rewarding. I get to see my work and how I affect people. Someone may come in and can barely walk. By the time they're done, they're back to walking, jumping and running again. I enjoy being a part of that."

Lambert said before PT technicians work with patients, a careful review is conducted of each patient's treatment plan.

"I review my notes the day before I work with each patient," she said. "Physical therapy has four stages. With the first stage, we want to get rid of pain. Second is to restore range of motion. Third is to gain strength and fourth is to restore functionality, which is what we're working on with you."

"When I told you I had to go, you were like, 'What? We're just getting started.' I felt bad because I knew you were motivated and wanted to work. I wanted to keep working with you, but I

wasn't able to."

At my next session, I met Staff Sgt. Christian Taylor, 60th MDOS physical medicine technician and a certified personal trainer.

Taylor took me through a series of exercises and even heard me singing military cadence while I was running on the treadmill. I often sing to myself as a way to stay motivated.

"You were very motivated and fun to work with," said Taylor. "From singing to reminiscing on your football days with the ladder drills. One moment that stuck out for me was when you asked to increase the body weight while running on the (anti-gravity) treadmill. That stood out to me because it showed you're improving and looking forward to getting better."

Helping people is something Taylor said he enjoys.

"Helping patients progress through their journey of therapy is the greatest aspect of my job," he said. "Seeing people get back to doing things they were unable to do prior to therapy due to an injury is very rewarding."

Taylor has provided care for nearly 1,800 patients in 2017.

"I've worked with a wide variety of patients," he said. "I had one patient who was in a motorcycle accident. He broke both arms and a leg and also injured his spine causing neurological damage. I'm very proud to see how far (he has come) and how far all my patients have come."

"I'm proud because they can return to doing what makes them happy. A few patients I worked with have been depressed because they were unable to play sports or even run. Knowing I had an impact and did my best to get them to reach their goals is everything to me and why I love this job."

The PT clinic provides a range of services including orthopedic post-op care, joint and soft tissue mobilization, therapeutic exercise, neuromuscular re-education and gait training. Services are available to active-duty service members, reservists, national guardsmen, retired service members, veterans and military family members on a space-available basis.

I'm so thankful to the entire PT team. Thanks to them, I'm now able to run pain-free. Marathon number seven, here I come.

# Exercise

From Page 14

instructor role play as one in the field. It gave us more of a real-world feel to the training. Having actual radio communication with a guy on the ground was great."

During the training, JTAC switched back-and-forth between different aircraft relaying targets to both of them simultaneously.

Adams explained the roles the different platforms used. While the B-1 scanned the area and neutralized larger targets, the Huey provided close air support, utilizing weapons to take

on individual targets.

According to the RAF JTACs, every operation is situational. With each scenario, the JTAC may need an entirely different platform to ensure the target is destroyed, something a WSO knows all too well.

"It's all task dependent on what's happening on the ground," Adams said. "This kind of exercise is definitely a viable training scenario we would like to see continued."

These agencies expect to work together again in upcoming joint trainings.

"Being the first time we have worked with the B-1, I have to say that it was extremely successful," Akerson said.

# Teaming

From Page 7

higher value on mutual support and improves our warfighting capability," said Maj. Gen. Brian Killough, director of Air Force Strategic Plans.

This concept will be comprised of Airmen from the same duty location deploying to the

same location during the same cycle. Members will accomplish pre-deployment training, travel to and from the area of responsibility and perform reintegration together.

"Our Air Force is working hard to provide Airmen the support structures they need to be successful and resilient for the duration of their deployments," said Killough.

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### Nichols

From Page 2

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done so much good at home and abroad. It is time for us to push that boundary and achieve greatness. I know you are capable and now it's time to prove it.

I am in awe of your constant ability to move forward and your commitment to be better

than you were yesterday. You have answered every call and met every road block head on. In the coming months, we will certainly face new and, possibly, more difficult challenges, but I have no doubt you will be ready. We are Team Travis and there are no bounds.

### Center

From Page 10

lighting systems installation techniques.

In addition to expeditionary engineers, the 736th Security Forces Squadron's Commando Warrior flight calls the PRTC home and trains PACAF security forces Airmen on U.S. Central Command and regional tactical requirements in support of contingency missions and home station security.

The PRTC now offers units space for operations, offices,

training classrooms and warehouse storage for vital equipment in support of contingency and humanitarian operations around the Indo-Asia-Pacific region. U.S. and partner nation service members will regularly use the training area to increase readiness and interoperability of Pacific partner forces for effective crisis response in the region.

"As a rapidly deployable unit, staying up to date on all training is a major key to our mission," said Airman 1st Class Antony Williams Jr., 554th RHS structural engineer.

#### Solutions

##### STR8TS

Previous solution - Medium

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

##### SUDOKU

Previous solution - Medium

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



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Courtesy photo by HackerOne

1st Lt. Stephen Baker, 352nd Cyber Operations Squadron, watches as one of the Hack the Air Force 2.0 participants attempts to breach the security on a military website Dec. 9.

**Hackers**

From Page 4

invited some of the world's elite hackers to the event, they were surprised to find the Air Force sites were not that easy to crack. "They were impressed," said Lt. Col. Jonathan Joshua, 24th AF deputy chief of staff. "As a vulnerability was identified, shortly thereafter, hackers would be attempting to highlight the vulnerability to another team of hackers ... but the vulnerability had already been patched. They'd be trying to grab screen shots to prepare a post-day brief, but they couldn't because the systems were already healthy."

The non-Air Force researchers were able to receive cash rewards of up to \$50,000 for each vulnerability they identified under a practice commonly used in private sector known as "Bug Bounties." Under bounty programs, companies pay so-called "white hat" hackers a

reward for pointing out holes in their security. "Hack the Air Force allowed us to look outward and leverage the range of talent in our country and partner nations to secure our defenses," said Peter Kim, Air Force chief information security officer. "We're greatly expanding on the tremendous success of the first challenge by targeting approximately 300 public facing Air Force websites. The cost-benefit of this partnership in invaluable."

For Maj. Barrett Darnell, 315th COS, the highlight of the day was the interaction between different groups participating.

"What stood out was seeing private sector, independent bounty hunters and the government all come together to find these vulnerabilities," he said. "I was amazed at the creativity (of the researchers) with some of these issues that were found. So the best part was seeing all these resources come together

to solve security problems." In a rapidly and perpetually evolving domain such as cyber, interacting with industry partners is essential for the Air Force to stay on top of its game. "Our cyber warriors are in the fight every day," said Weggeman. "Our Airmen operate within Air Force networks and employ offensive and defensive capabilities 24/7 in a highly contested environment where the adversary constantly changes tactics and techniques, creating complex vulnerabilities. Participating in the HackerOne hosted 'hackathon' allowed our cyber warriors to showcase their immense talent and skills while also learning and strengthening relationships with our partners in industry and other nations."

At the close of the event, after 12 hours of hacking, participants had identified multiple vulnerabilities, protected 300 Air Force websites and forged immeasurable new partnerships.

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1) Volunteers help prepare meals Dec. 6 for Operation Homefront at the Airmen and Family Readiness Center, Travis Air Force Base, Calif. Over 150 meals were distributed to Airmen and their families during the event. Operation Homefront is a national nonprofit organization and has been providing holiday meals for the military since 2009.

# Base reaches out during Operation ... HOMEFRONT

U.S. Air Force photos by Louis Briscese



2) Airmen and family members receive holiday meals Dec. 7 courtesy of Operation Homefront at the First Street Chapel at Travis Air Force Base, Calif. 3) Volunteers help prepare meals for Operation Homefront. 4) A child poses with Santa for a cellphone photo.

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