

COMFORT

Mobility
Airmen
help in
Guatemala

PAGES 16-17



To win, Air Force must be tough, disciplined

Our senior leaders are restoring readiness across the U.S. Air Force, which has been a necessary and much-welcomed initiative. With resource readiness trending to the positive, what about restoring personal readiness? Have any of us really considered what personal attributes we will need to win any fight in any environment? Have you ever asked yourself if you are truly prepared to forward deploy in the harshest of conditions against a major adversary who will contest your every move and challenge your will to win? I assert that to win, squadron leaders must forge personal readiness through attributes of



Commentary by Lt. Col. Blaine Baker
821ST CONTINGENCY RESPONSE SQUADRON

mental toughness, physical toughness and discipline. If you're thinking you won't likely forward deploy to harsh conditions or punishing environments, think again. Within the last 15 months, Airmen from my command and many others have been on the ground responding to crises in the unforgiving deserts of Iraq and Syria as well as the humid tropics of Florida and Puerto Rico, among many others. Despite our successes in these missions, future success is not a given. We must be ready for even more punishing environments against even more determined adversaries. So what can we do to be ready?

Commander's Commentary

- Mental toughness. We can increase mental toughness by instilling attributes such as adaptability, perseverance and grit. Overcoming shared adversity through rigorous, realistic and challenging training is one great way to increase mental toughness. Additionally, allowing our Airmen the opportunity to fully fail while in a learning environment and then assisting with recovery and re-accomplishment of the failed task can substantially increase mental toughness.
- Physical toughness. We can increase physical toughness by dedicating ourselves to the highest possible level of physical fitness and conditioning

ourselves to our environment. I believe the Air Force Fitness Test is a good overall tool to assess basic fitness, but we must also encourage our Airmen to go beyond the test and to make fitness a lifestyle. Environmentally, no one likes to be cold, wet or hungry, but we cannot shy away from training and operating in punishing environments. When we choose to train in austere conditions, we increase our environmental tolerance and we learn to trust the gear that works and discard the gear that doesn't. Discipline. As Airmen, we strongly desire discipline and accountability. We increase discipline by setting and upholding the highest standards even when it is easier to do otherwise. Maximizing our use of checklists ensures a deliberate approach to mission planning

and execution and ensures our Airmen are clearly focused and properly guided for the task at hand. Holding ourselves and our Airmen accountable through intolerance of tardiness, carelessness and mediocrity also drives discipline in our force. We are fortunate that our senior leaders are earnestly committed to reinvigorating squadrons and restoring readiness. As squadron leaders, it's our charge to forge personal readiness and ensure we have the requisite mental toughness, physical toughness and discipline to execute every mission to completion without needless complaint. We will need these key attributes to ensure the beating heart of the Air Force performs with maximum strength and endurance no matter the challenge.

Nick DeCicco
60TH AIR MOBILITY WING PUBLIC AFFAIRS

A KC-10 Extender crew from Travis Air Force Base, California, took part March 10 in a first-of-its-kind mission to move six U.S. Marine Corps MV-22 Ospreys to Morón Air Base, Spain. The mission to move the MV-22s charted an alternative, transatlantic southern route as opposed to a northern passage used in previous efforts. Departing from Joint Base Charleston, South Carolina, the Travis KC-10 rendezvoused with MV-22s leaving L.F. Wade International Airport in Bermuda. Together, the aircraft continued on to Lajes Field, Portugal, before arriving at Morón. The mission was also the longest flight that an MV-22 has done by 600 nautical miles due to the change in route, according to a video by U.S. Marine Corps Cpl. Holly Pernell.

In the past, the same transit has taken a northern trajectory across Canada, according to 1st Lt. David Burleson, 9th Air Refueling Squadron KC-10 pilot. Inclement weather forced the change in flight path. The return flight also saw the Travis crew drag two MV-22s back to Bermuda from Lajes. Burleson said, prior to this mission, he had never refueled Ospreys. "There were some similarities to other missions that I've done, but it was also a little bit different exploring the capabilities of the KC-10," said Burleson. Burleson said that due to the mission requirements of the MV-22s, the KC-10 was forced to refuel the Ospreys at a slower speed and lower altitude than other missions. It's common to refuel fighter jets at speeds just under 300 nautical mph while the Ospreys required closer to 200 knots, said Burleson. "It was different, and it was pretty neat



Courtesy photo

MV-22 Ospreys refuel March 10 over the Atlantic Ocean with the help of a KC-10 Extender crew from Travis Air Force Base, Calif.

to explore what we're capable of doing," he said. Refueling six aircraft at once was a first for Senior Airman Brandon Nicholds, 9th ARS boom operator, who took the challenge in stride.

"This is something we do every day," he said. "It's the mission and we're going to get it done. We just need to make sure we have everything right. That's where crew coordination comes into play. We need to make sure we all bring our own

pieces to the table." Nicholds said the KC-10 crew needed to find the proper weight that allowed it to take off with enough fuel to supply the Ospreys yet still having enough for their See OSPREYS Page 23

Life as summer child shapes view on winds of winter

Commentary by Chief Master Sgt. Ron Garbarini
821ST CONTINGENCY RESPONSE SQUADRON

I heard a statistic recently that made me stop and think: Over 80 percent of the Airmen in our Air Force today came into the service after the fateful events of 9/11. My first thought about this statement was age-related. I joined the Air Force well prior to 2001. I, then, started reflecting about my experiences. I have been

Chief's Commentary

stationed all over the world and I have been involved in various conflicts since 1999. Then I realized that when I enlisted in the mid-1990s, I joined the Air Force when there were no conflicts or active aggression against our great nation. Unlike over 80 percent of you, I joined the military in peacetime. OK, so now you are thinking, "So what? The chief knows war and peace."

I joined the Air Force right after high school because I did not want to go to college and I needed some direction in my life. Basically, I joined because I needed a J-O-B and the military seemed like a safe option to get me out of the house. For the first couple of years, that was what the Air Force was to me: a job. I came to work, I punched the proverbial time clock and I went home. I was not overly committed to the Air Force. Over time, though, that mentality started to change for me. I cannot

pinpoint the exact moment, but at some point, my views on my service changed from J-O-B to way of life. Was it the increased responsibility or the increased operations tempo? I am not sure. What I do know is that I bought into this very nonstandard way of life and being mission-ready was the only way to be. The training increased, the deployments increased, the time away from family increased and the uncertainty See GARBARINI Page 25

Tailwind

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60th Air Mobility Wing

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Table of contents	
Commentaries	2, 4
The Flip Side	15/18
Cover story	16-17
Worship services	20-21
Classifieds	26-29
Parting Shots	31
On the cover	
Tech. Sgt. Traci Keller, 60th Air Mobility Wing Public Affairs broadcast journalist, shares a moment with a child after covering the delivery of emergency response vehicles April 20 through the Denton Program at La Aurora International Airport, Guatemala City, Guatemala.	
U.S. Air Force photo/Master Sgt. Joey Swafford	

WARRIOR OF THE WEEK

Name:

Staff Sgt. Jose Ramos.

Unit:

60th Medical Support Squadron.

Duty title:

Contract management supervisor.

Hometown:

Secaucus, New Jersey.

Time in service:

Nine years.

Family:

Spouse, Susan; one daughter, Jelina Cassidy.

What are your goals?

To complete my bachelor's degree by the end of 2018.

What are your hobbies?

Hiking and spending time with my family.

What is your greatest achievements?

When I married my wife and having my daughter in December 2017.

U.S. Air Force photo/Jan Kim

SHARE THE TAILWINDS

LOG DOG

Hospital hosts symposium

Louis Briscese
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Medical professionals from David Grant USAF Medical Center, NorthBay Healthcare, Air Force Medical Service and Ohio State University gathered for a weeklong conference on evidence-based practice.

The conference gathers medical professionals from all disciplines and teaches them how to collect information and data on the best proven ways to take care of patients.

DGMC, the Air Force's largest inpatient hospital, hosted the conference for the first time. Plans are already in works to host another conference in late summer of this year. Col. Michael Higgins, 60th Medical Group commander understands the importance of the program and DGMC involvement.

"It's a partnership sponsored by the Air Force Surgeon General and Ohio State University," said Higgins. "We hosted it for the first time because we felt as the Air Force's largest inpatient hospital, that's what's expected of us."

Formally known as Center for Transdisciplinary Evidence-based Practice, the program now has a new name thanks to a \$6.5 million endowment. The Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare is what the program is referred to now. The program is a fact-finding way to ensure Air Force trusted care philosophy is a single minded focus towards zero harm.

"It filters out expert consensus and actually has data and power behind it," said Higgins. "Certain techniques, steps, practices,

See SYMPOSIUM Page 24



Airman 1st Class Shayla LaFlamme, 60th Medical Group, researches information for her presentation April 13 during the Transdisciplinary Evidence Based Practice Conference at NorthBay Healthcare Medical Center in Fairfield, Calif. The goal of the Transdisciplinary Evidence-based Practice Conference is to improve care based on clinical expertise, patient preference and evidence.

U.S. Air Force photo/Louis Briscese

Commentary

Military children serve with parents

Being in mission-oriented protective posture gear "sucking rubber" may not be the best part of your military career – or maybe it is. But try doing a post-attack reconnaissance sweep with a child tagging along with you.

In 2012, I went on a temporary duty assignment for a unit readiness exercise. MOPP gear, battle rattle, baby and all.

During that exercise, I didn't realize I was pregnant with my oldest daughter. She spent that week with me in MOPP gear, but as it turns out, it was a fitting way for her to start her life as a military child coming with me on that exercise.

Being in the military inevitably means a deployment, TDY or permanent change of station may be in the near future. For military children, it means time away from a parent and leaving their friends behind to move to a new base and school.

My oldest daughter has been through all of these and then some. Doubled by both parents being in the military, she has been through three deployments, multiple TDYs and a PCS.

She was too young to remember the first time my husband and I deployed – or the TDY she "accompanied" me on. It was the most recent

See LEIDHOLM Page 25



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

Retired Tech. Sgt. Brandon Jones and his service dog, Apache, play a friendly game of tug-of-war March 30 at Travis Air Force Base, Calif. Jones served 11 years in the Air Force until he was medically retired due to post-traumatic stress disorder.

Service dog lends war veteran helping paws

Tech. Sgt. Lilliana Moreno
621ST CONTINGENCY RESPONSE WING

What if you are screaming for help, but no one can hear you? What if your life starts to crumble? Do you know where to turn or what options are available to veterans and service members?

These are the kinds of questions retired Tech. Sgt. Brandon Jones felt as he reached a breaking point in his military career and decided it was time to reach out to military agencies to get the help he desperately needed.

Growing up in Fayetteville, Georgia, Jones reminisced on his childhood days and his love for airplanes.

"My dad would take me to the store and ask what I wanted for my birthday," Jones said. "I would always pick an airplane. I just loved them so much."

His love for airplanes is what brought him into the Air Force where he honorably served for 11 years until he was medically retired due to post-traumatic stress disorder.

The National Center for PTSD at the U.S. Department of Veterans Affairs describes PTSD as a mental health problem that some people develop after experiencing or witnessing a life-threatening event.

Jones served seven tours

overseas as a logistics planner in support of Operation Iraqi Freedom and Operation Enduring Freedom.

"The level of stress that the combat tours bring takes a toll on you mentally, physically and psychologically," he said. "It was hard to come home and adjust."

Jones said he found himself coming home and being angry all the time. All he wanted was to be left alone.

"I'd often have nightmares and flashbacks about my comrades that didn't get to come home with me," Jones said. "I'd feel guilty, and I kept asking myself what I could have done differently?"

After years of silence, he decided it was time to seek help. He reached out to the local chaplain and visited the mental health office.

"I desperately needed help," he said. "I was figuratively drowning and I needed a helping hand."

While searching online for answers or others who might be going through the same problems, Jones found the link to a website for service dogs. He reached out to Carol Borden, founder and executive director of Guardian Angels Medical Service Dogs in Williston,

See PAWS Page 25

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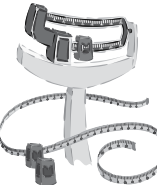
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U.S. Air Force photo/Christopher Hurd
Melissa Cerna, center right, military child and Air Force Junior Reserve Officers' Training Corps member, speaks with Joint Base Andrews first sergeants Dec. 5, 2017, at Dr. Henry A. Wise High School in Upper Marlboro, Md. The first sergeants learned about the various programs the school offers students, including business and finance, health and bioscience, information technology and arts integration.

Military children strong

Airman 1st Class Valentina Viglianco
11TH WING PUBLIC AFFAIRS

JOINT BASE ANDREWS, Md. — April is designated as the Month of the Military Child and is a time to honor the sacrifices of the more than 1.7 million children of military members serving in the U.S. and overseas.

“Military children go through different challenges than civilian children,” said retired Air Force Master Sgt. Jose Cerna, a parent of two military children. “With today’s operations tempo of the military and all the deployments military members have to go through, the children have to stay behind and have to be strong without their parent[s].”

Jose’s oldest child, Melissa Cerna, 17, is a student at Joint Base Andrews feeder school Dr. Henry A. Wise Jr. High School in Upper Marlboro, Maryland. She said she remembers the obstacles she faced during her father’s time in the military.

“It was a challenge for me being a military child because I had to stay emotionally tough,” Melissa said. “When I was in third grade I experienced my dad being deployed for six months. This was a time of great sadness because I missed his presence. While my dad was deployed it made me realize how important his physical and emotional contributions were to the family.”

Melissa said her experience of repeated deployments of a parent and multiple moves in a school year have taught her resiliency.

“Through these challenges, it made me stronger as a person and more adaptable,” she said. “While my dad was deployed, I had to step up to the plate and be strong for my younger brother and help my mom out more. I would be extra positive for my brother by letting him know that dad will be back home soon, and I would help make dinners with my mom.”

Children like Melissa may be the youth of the military community, but many sons and daughters are big supporters of their military families.

“Melissa has always been interested in my career in the military,” Jose said. “Every day she and her brother would meet me at the door and ask me about my day. It was very special to know that my children cared about my job.”

Jose served 25 years in the Air Force as an electrical power production craftsman. His career took his children to Dyess Air Force Base in Texas, Incirlik Air Base in Turkey and JB Andrews.

“When I was younger, I would put his uniform on,” Melissa said. “Growing up, I always thought I wanted to be just like him.”

She said her father is a big role model in her life and a big influence. She even joined her school’s Air Force Junior Reserve Officers’ Training Corps and said she wants to follow in her father’s footsteps and fight for freedom just like he did.

“I feel very proud that she wants to follow my footsteps in the Air Force, but even more proud that she wants to be a commissioned officer,” Jose said.

BX rewards students with \$350 in gift cards

Conner Hammett
ARMY AND AIR FORCE EXCHANGE
SERVICE PUBLIC AFFAIRS

The Army and Air Force Exchange Service at Travis Air Force Base, California, recognized the winners of its Dandelion: Flower of the Military Child writing and art contest with \$350 in Exchange gift cards.

Exchange officials awarded 22 students during two presentation ceremonies held April 20 and 23 at Scandia and Travis elementary schools. The students’ winning entries will be on display in the Exchange food court through April 30.

“Just like dandelions, military children blossom wherever they land,” said Flor Payton, Exchange general manager. “The Exchange is privileged to honor these talented young artists and writers. They, like military children all over the world, make the warfighter’s mission and focus possible.”

The contest, which ran March 23 through April 12, invited Travis AFB students to express what it’s like to be a military child through art or writing. It was held in honor of Month of the Military Child which recognizes the contributions of warfighters’ children to the armed forces community every April.

See GIFT CARDS Page 21

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Teen named group's youth of year



Courtesy photo/Steven L. Shepard

Paolo B. Basaca, second from right, receives the the 2018 Travis AFB Military Youth of the Year in the Boys & Girls Clubs of America's National Youth of the Year honor April 24 at Monterey, Calif. Basaca moved on to represent Travis at the Military Youth of the Year state competition in Monterey. Members must embody the values of leadership and service, academic excellence and healthy lifestyles. The Travis Youth Center provides quality programs in five core areas: character and leadership, education, fine arts, life skills and physical fitness. All are offered in the School Age Care Program, Open Recreation, Teen Zone, Sports and Instructional classes. For more information, visit the Youth Center at 310 Fairchild Drive, Bldg. 7763.

Air Force prepares for medical future

Peter Holstein

AIR FORCE SURGEON GENERAL
PUBLIC AFFAIRS

FALLS CHURCH, Va. — The future of warfare is uncertain, and tomorrow's conflicts may not look like today's. To prepare for this uncertainty, the Air Force is assessing how it prepares its medical forces to support the warfighter.

For the last 17 years, the Air Force honed a medical force that excels at delivering life-saving care on the battlefields of the war on terrorism, offering unparalleled medical evacuation for wounded, ill, and injured service members. The Air Force Medical Service worked closely with combatant commanders to develop the deployment platforms appropriate to those environments and adversaries.

Now, as times change, the AFMS must prepare for what is on the horizon.

"Our medical readiness needs are based on the types of conflicts we engage in," said Chief Master Sgt. George Cum, Chief, Medical Enlisted Force, office of the Air Force Surgeon General. "For the past 17 years, we've been fortunate to have the highest survival rate on the battlefield of any conflict in history. But, that has been in a relatively uncontested state."

The war on terrorism takes place primarily in combat theaters where the U.S. and its allies have mostly free access to the skies and can place in-theater hospitals with few restraints. A future conflict against a peer adversary with a broad array of capabilities

may restrict this access. This requires a change to the Air Force's strategy for treating and evacuating injured service members.

The 2018 National Defense Strategy outlines these concerns, and the need for U.S. forces to adapt. For the AFMS, this process starts by coordinating closely with combatant commands to make sure Air Force Medicine meets their needs.

"The AFMS has to stay responsive to combatant commanders," said Col. Colin Smyth, director, Expeditionary Medical Policy and Operations at the AFMS. "We conduct regular assessments of requirements, and adjust our capabilities accordingly."

This process has already led to changes in Air Force medical deployment platforms. The Air Force deployed a new forward surgical model, the Ground Support Team, in 2017. GSTs incorporate lean, agile surgical capability with integrated logistical support, allowing them to deliver life-saving care in austere conditions over a much longer time.

"Providing care over the long term isn't just about skills and surgical capability, it's also about logistics," said Cum. "How do you manage your supplies for long missions? How do you balance your work/rest cycles with a small team of medics when patients need constant monitoring? What happens when an adversary contests our ability to evacuate or resupply that surgical team?"

See FUTURE Page 23

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Seek help before situation escalates

Merrie Schilter-Lowe

60TH AIR MOBILITY WING PUBLIC AFFAIRS

He just put his kids in bed and was preparing to go to sleep himself when security forces at Travis Air Force Base, California, called to say that a member of his unit was involved in a domestic incident.

When he arrived at the member's house, Master Sgt. Stephen Dugan, 60th Aerial Port Squadron first sergeant, sought out the security police for details. Next, he talked to his Airman who was being treated in the ambulance for facial burns received when her wife threw a ladle of hot spaghetti sauce in her face.

Fortunately, in the four years that he has been a first sergeant, Senior Master Sgt. Jason Wilson, 60th Civil Engineer Squadron, has dealt with only two domestic violence issues. Master Sgt. Brandon Galant, 60th Medical Group first sergeant, who has a little more than a year on the job, also has only dealt with two cases.

In addition to having similar responsibilities, these first sergeants share a philosophy: "Regardless of the problem, getting in front of it is the best approach to solving it."

"If law enforcement gets involved, it's usually too late," said Galant. "The commander will probably take some sort of administrative action."

Wilson, Dugan and Galant said they recommend voluntary counseling as the first step.

"I refer them first to the chaplain or the Military and Family Life Counseling program since both offer more confidentiality," said Wilson. "(Airmen) seem more comfortable with that."

Chaplains have complete confidentiality.

"We are not mandated reporters for any issue," said Chaplain (Capt.) Patrick Pooch, 60th Air Mobility Wing. "In fact, by law, we cannot share the details with anyone about anything that is discussed as a matter of conscience or confession."

Even if a member threatens to harm himself, chaplains can't talk about the details. However, they have "talked people off of ledges, removed the planned

means for suicide from homes and escorted individuals to the hospital for further help," said Pooch.

MFLC has limited confidentiality.

By law, counselors must report domestic violence, sexual assault, child abuse, illegal activities and when an individual threatens to harm self or another person. But counselors reveal this information up front so clients aren't caught off guard.

Since 2004, the MFLC program has provided free and confidential non-medical counseling to active duty members and their families on a short-term basis.

Travis has nine MFLC counselors, seven of whom work almost exclusively with children.

MFLC assists families, couples and single Airmen in working through challenges such as relationship and communication issues, stress due to deployments, reintegrating with family and friends and anxiety due to living away from home for the first time. They provide crisis intervention, strategies to deal with loss and grief and teach parenting skills.

Also, spouses can receive counseling without their military sponsor.

Counselors don't take notes

or use clients' last names and they can meet clients almost anywhere on base and in most public areas off base.

Another key to problem solving is knowing when to ask for help and getting it.

"Challenges are real, but people don't reach out for help because they don't want other people to know their business," said Chaplain (Lt. Col.) Gregory Jans, 60th AMW.

Some Airmen fear talking to a chaplain because they think religion will be forced on them, but that is not the case, said Jans.

"Spirituality is one of the four pillars that make us more resilient," said Jans. "And spiritual resiliency connects us with others going through similar circumstances. But we are not going to cram religion down anyone's throat."

"Some of us have psychology as well as theology degrees," said Jans. "We can help with work-life issues and how to balance them. Help is available."

When the issue involves money, Master Sgt. Michael Richardson, 60th Comptroller Squadron and Wing Staff Agency first sergeant, said he refers his Airmen to the Airmen and Family Readiness Center.

See HELP Page 23

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The 373rd Training Squadron, Detachment 14, at Travis Air Force Base, California, provides maintenance training for all major commands, sister services and allied nations in airlift, special operations, tanker support and aerospace ground equipment.

Based out of Sheppard Air Force Base, Texas, the unit trains newly minted crew chiefs, electricians, jet engine mechanics, avionics and hydraulics troops on aircraft maintenance and repair procedures, as well as veteran maintainers upgrading skill levels and learning new technology. These instructors are maintainers teaching maintainers.

The squadron is one of two training squadrons within the 982nd Training Group with multiple detachments that deliver their training mission to all airlift, tanker and special operations maintenance personnel.

Senior Master Sgt. Eduardo Lombera Jr., is serving as the detachment chief for 31 instructors. He hails from a small town in southern California and joined the Air Force in 1998.

Lombera is an instruments and flight control mechanic by trade. He has worked on KC-135s at Royal Air Force base, Mildenhall, United Kingdom, and AC-130H Spectre and U-model Spooky Gunships at Hurlburt Field, Florida. He

See TRAINING Page 22



U.S. Air Force photo/Heide Couch
Tech. Sgt. Adam Branam, an instructor for the 373rd Training Squadron, Detachment 14 conducts a repair demonstration for a group of crew chief trainees on a KC-10 Extender wheel assembly, Feb. 7 at Travis Air Force Base, Calif.



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MAFFS training kicks off in California capitol

2nd Lt. Emerson Marcus
152ND AIRLIFT WING NEVADA
AIR NATIONAL GUARD

SACRAMENTO — As temperatures heated up in northern California, aerial firefighters from four C-130 airlift wings operating the U.S.D.A. Forest Service’s Modular Airborne Fire Fighting System, or MAFFS, started a weeklong training April 23 in anticipation of summer blazes.

The year’s training, sponsored by the U.S. Department of Agriculture Forest Service at McClellan Reload Base in Sacramento, includes four military airlift wings that make up the Air Expeditionary Group: three Air National Guard units from California, Nevada and Wyoming, and one Air Force Reserve unit from Colorado.

“Training with all four MAFFS wings alongside the U.S. Forest Service, CAL FIRE and other wildland firefighting agencies here in Sacramento provides a significant opportunity as we prepare for wildland fire season,” said Col. James DeVere, MAFFS Air Expeditionary Group and 302nd Airlift Wing, Air Force

Reserve commander . “Training collectively ensures overall standardization of operations while continuing to build working relationships with the key players in the wildland firefighting community. It is rewarding as guardsmen and reservists to stand alongside our agency partners, knowing that we help make a difference protecting our citizens and their property.”

The USDA Forest Service’s large MAFFS equipment – rolled into the back of a C-130 aircraft – can drop up to 3,000 gallons of water or fire retardant in 6 seconds through a nozzle on the rear left side of the plane.

The certification training includes classroom sessions and flight operations for military flight crews, lead plane pilots and other support personnel from the U.S. Forest Service and other wildland firefighting agencies.

“Wildland fire management agencies have relied on MAFFS for more than 40 years to provide surge capacity when commercial airtankers are fully committed or not

See MAFFS Page 30

Sergeant to attend medical degree prep

Airman 1st Class Michael X. Beyer
355TH FIGHTER WING PUBLIC AFFAIRS

DAVIS-MONTHAN AIR FORCE BASE, Ariz. — Staff Sgt. Shane Berger, airborne linguist with the 755th Operational Support Squadron, was one of nine enlisted Airmen selected to attend a medical degree preparatory course.

The Enlisted to Medical Degree Preparatory Program gives selected Airmen an opportunity to complete the preparatory coursework for admission to medical school while maintaining active duty status.

Berger found out about the program just over a year ago when he overheard other Airmen discussing it. He instantly knew this is what he wanted to pursue.


“Prior to enlisting, the medical path was kind of an unrealistic goal for me as somebody that has always had to support themselves,” Berger said. “This program has opened up a path that I never really thought was possible.”

The lengthy application process took Berger approximately a year to complete, and included gathering required documents as well as collecting letters

See DEGREE Page 30



U.S. Air Force photo/Airman 1st Class Michael X. Beyer
Staff Sgt. Shane Berger, 755th Operational Support Squadron airborne linguist, poses for a photo April 19 at Davis-Monthan Air Force Base, Ariz. Berger was accepted into a program that will give him the opportunity to complete the preparatory coursework for admission to medical school while maintaining active duty status.



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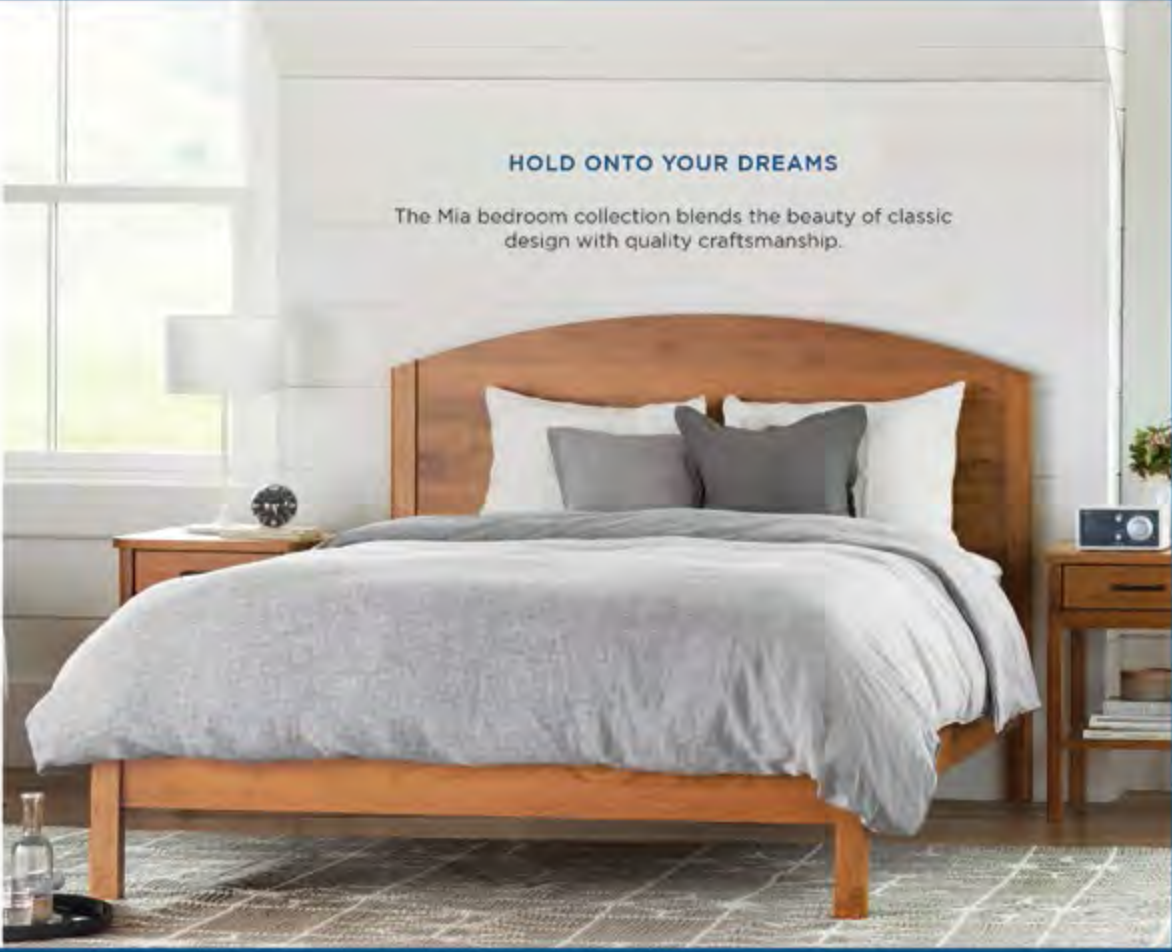
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Alpha Warrior tour returns to Air Force installations

Air Force Installation and Mission Support Center Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas — The Air Force is continuing its rollout of the Alpha Warrior program with the launch of the 2018 Alpha Warrior Meet and Greet Tour this month.

Alpha Warrior, built around a unique apparatus, challenges Airmen as they tackle the various obstacles or stations.

“We launched the service-wide Alpha Warrior Program last year as a new, dynamic way for our Airmen to build on their Comprehensive Airman Fitness,” said Col. Donna Turner, Air Force Services Activity commander, “and we’re excited that more

installations will have the equipment in 2018 and discover the benefits of this type of fitness regimen.”

The program is designed to enhance functional fitness training by incorporating the four pillars of Comprehensive Airmen Fitness – physical, spiritual, mental and social – to help Airmen build and maintain resiliency at home station and while deployed.

“Functional fitness focuses on improving overall core stability and muscular development by incorporating exercises that replicate typical muscular-skeletal movements and contributes to daily functions rather than specific muscle groups,” said Jim Anderson, AFSVA Alpha Warrior program manager.

First Lt. Nicole Mitchell,

See TOUR Page 19

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U.S. Air Force photo/Airman 1st Class Michael X. Beyer

A explosive ordnance disposal technician from the 355th Civil Engineer Squadron assesses the fallout of a disarmed improvised unexploded ordnance during training March 28 at Davis-Monthan Air Force Base, Ariz.

CE tests warfighting ability

Airman 1st Class Michael X. Beyer
355TH FIGHTER WING PUBLIC AFFAIRS

DAVIS-MONTHAN AIR FORCE BASE, Ariz. — The 355th Civil Engineer Squadron participated in an airfield damage response and assessment exercise March 28-30 at Davis-Monthan Air Force Base, Arizona.

The exercise was held to evaluate their response to a damaged airfield in a simulated deployed environment.

“We’re testing the integration and interoperability of all the different flights throughout CE,” said Master Sgt. Joshua

Daley, 355th CES Explosives Ordnance Disposal Flight quality assurance noncommissioned officer in charge. “We have a lot of different functions, and this is how we’re able to get together and test our wartime capabilities as a whole squadron.”

The exercise required all CE flights to work together towards a common goal.

“This is a monumental occasion to be able to get all the puzzle pieces together,” said Lt. Col. Matthew Beverley, 355th CES commander.

The exercise began with an airfield damage assessment. A team comprised of an

engineering technician specialist and EOD technicians, designated where comprised damage and unexploded ordnance were then relayed the information to the emergency operations center.

“Immediately after an attack, one of the first things we need to be able to do is launch and recover aircraft,” Daley said. “Our first priority is to get out to the runway and find any remaining unexploded ordnance.”

After discovering and assessing the ordnance, EOD technicians must disarm them while limiting airfield damage and maintaining air mobility.

After the damage was assessed, pavement and construction equipment and structural specialists tested their abilities by filling and repairing damage caused by the simulated explosions from UXOs.

These tasks can only be completed by the different career fields of CE working together, and the end result better prepares them for the skills and readiness needed in a real-world scenario.

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WPC executes milestone exercise

Senior Airman Devin M. Rumbaugh
86TH AIRLIFT WING PUBLIC AFFAIRS

EINSIEDLERHOF AIR STATION, Germany — United States Air Forces in Europe and Air Forces Africa’s Warrior Preparation Center held exercise Spartan Shield 18-6 from April 12-19.

Spartan Shield was a simulated air and missile defense exercise and included members from the 134th Air Control Squadron; 10th Army Air and Missile Defense Command; 678th Air Defense Artillery Brigade; and the 5th Battalion, 7th Air Defense Artillery Regiment.

Army Air Defense Artillery Fire Coordination Officers and Air Force Control and Reporting Center crews trained for five days, honing coordination and engagement capabilities in a simulated air and ground fight within the European theater.

“The exercise tested joint Patriot-CRC crew reactions against a range of simulated air and ballistic missile threats,” said Air Force Col. Michael Rider, WPC commander. “The new training infrastructure was validated and provided invaluable learning opportunities for all involved. Crews were immersed in a challenging air and missile defense scenario and performed perfectly as a team.”

“ADAFCOs provide de-confliction of the joint operating area airspace and provide protection of geopolitical assets as well as joint and combined air platforms,” said Army Maj. Blair Tighe, 678th Air Defense Artillery Brigade, South Carolina Army National Guard.

The CRC is responsible for the centralized command and control of the airspace within a given area. It is primarily made

See MILESTONE Page 20

Remembering F-117 Nighthawk

Tech. Sgt. Robert Barnett
SECRETARY OF THE AIR FORCE
PUBLIC AFFAIRS

WASHINGTON — It’s been 10 years since the F-117 Nighthawk retired, an aircraft so secret Nevada folklore labeled it a UFO.

The Nighthawk pilots were known by the call sign “Bandit,” each earning their number with their first solo flight. Some of the maintainers were also given a call sign, said Wayne Paddock, a former F-117 maintainer currently stationed at Holloman Air Force Base, New Mexico.

“The people who maintained the coatings on the aircraft, radar absorbent material were classified as material application and repair specialists (MARS). MARS morphed into Martians,” Paddock said “MARS was a shred out from the structural repair/corrosion control career field.”

The technology for the F-117 was developed in the 1970s as a capability for attacking high value targets without being detected by enemy radar. It had up to 5,000 pounds of assorted internal stores, two engines and could travel up to 684 mph.

It was the first airplane designed and built as a low-observable, stable and therefore



U.S. Air Force photo/Staff Sgt. Jason Colbert

Four F-117A Nighthawk’s perform one last flyover at the Sunset Stealth retirement ceremony April 21, 2008, at Holloman AFB, N.M. The F-117A flew under the flag of the 49th Fighter Wing at Holloman Air Force Base from 1992 to its retirement in 2008.

precise platform, said Yancy Mailes, director of the history and museums program for Air Force Materiel Command at Wright-Patterson AFB, Ohio, and a former F-117 maintainer.

“It was the marriage of the GBU-27 to the F-117 that had a

laser designator in its nose that made it such a precise, deadly platform,” Mailes said. “It was best demonstrated during Operation Desert Storm when pilots snuck into Iraq and dropped weapons down the elevator shaft of a central

communications building in Iraq.”

The first Nighthawk flew June 18, 1981, and the original F-117A unit, the 4450th Tactical Group (renamed the 37th

See F-117 Page 21

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Airmen deliver to Guatemala

Denton shipment brings firetrucks, ambulances to indigenous Mayans



1) An indigenous child with cancer stands April 20 on a firetruck that was delivered to Guatemala City, Guatemala, by the 21st Airlift Squadron through a Mission of Love Foundation and the Denton Program. The Denton Program is a Department of Defense transportation program that moves humanitarian cargo, donated by U.S.-based nongovernmental organizations to developing nations to ease human suffering. The emergency vehicles were donated by the Mission of Love Foundation. 2) Senior Airman Andrew Flint, 21st AS loadmaster, directs a firetruck off of a C-17 Globemaster III April 20 at La Aurora International Airport, Guatemala City, Guatemala. 3) Staff Sgt. David Shrout, 860th Aircraft Maintenance Squadron flying crew chief, performs a post-flight inspection April 19 on a C-17 Globemaster III during a Denton Program mission at Youngstown Air Reserve Station, Ohio. 4) Lt. Col. Corey Akiyama, left, and Maj. Geno Salazar, 21st AS C-17 Globemaster III pilots, transport emergency response vehicles through the Denton Program to La Aurora International Airport. 5) U.S. Airmen with the 21st AS direct a firetruck off of a C-17 Globemaster III at La Aurora International Airport. 6) An indigenous child with cancer tours a 21st AS C-17 Globemaster III that delivered emergency response vehicles to Guatemala City, Guatemala.

Story and photos by
Master Sgt. Joey Swafford
60TH AIR MOBILITY WING PUBLIC AFFAIRS

GUATEMALA CITY, Guatemala—When emergencies happen in the U.S., the sirens of firetrucks and ambulances coming to the rescue can be comforting. Thanks to a C-17 Globemaster III crew from Travis Air Force Base, California, indigenous Mayans in Tecpan, Guatemala, will now hear that same sound of hope and help.

The crew made up of Airmen assigned to the 21st Airlift Squadron and the 860th Aircraft Maintenance Squadron delivered the ambulance and fire truck April 20 to Guatemala City, Guatemala. They were donated by the Mission of Love Foundation and shipped through the Denton Program.

The Denton Program is a Department of Defense transportation program that moves humanitarian cargo, donated by U.S. based non-governmental organizations to developing nations to ease human suffering. The approved cargo is transported by DOD land, air or sea assets on a space-available basis and is managed by the U.S. Department of State and DOD.

“This is the most rewarding part of our jobs to have the opportunity like this where we get to help out those who need it,” said Staff Sgt. J.R. King, 21st Airlift Squadron loadmaster. “Humanitarian cargo like what we are delivering is important. We see vehicles like these every day in the U.S., but for less fortunate countries, they may not have the access or the luxury of having these resources. Missions like these are rewarding and hold a special place in my heart.”

The Mission of Love Foundation has been working in Guatemala for the past 24 years and are the largest user of the Denton Program, having delivered medical equipment, relief and humanitarian supplies to needy communities throughout the world.

“We work on five continents with an all-volunteer force,” said Kathleen Price, Mission of Love Foundation founder and director. “It is truly a mission of love unconditionally, and with that, all things are possible. With a group of volunteers, the Denton Program and the Air Force together are making this possible for those in need. I couldn’t do it alone. I am just a facilitator.”

It was a team effort to deliver the emergency response vehicles, and an important part of that team was the Air Force Reserve Airmen at Youngstown Air Reserve Station, Ohio, that helped package and load the vehicles.

“The reservist packaged everything up and helped us load it up to an active duty plane to fly down to Guatemala,” said Maj. Derik Neitz, 21st Airlift Squadron C-17 Globemaster III pilot. “Once in Guatemala, we were met by local entities there and Mission of Love. It has been neat to see all the different organizations work together.”

The emergency response vehicles are not the typical cargo that Travis Airmen deliver, so they came with challenges that the crew worked through.

“A lot of us have flown together before,” said Neitz. “Our enlisted crew is very experienced, and we needed that on this mission, it is an unusual up-load with no tie down rings on the vehicles.”

“They say that iron sharpens iron,” said King. “Working with these guys is a good opportunity to help me learn and better myself. A big part of a successful mission is teamwork and trusting each other; our jobs can get hectic. There are always three or four things going on at a time, and you have to trust your teammates that they are going to get the job done.”

A lot of planning has gone into making this mission a success.

“We did all the flight planning ourselves starting two or three months ago,” said Neitz. “We also worked with some 621st Contingency Response Wing Airmen at Travis who helped with the accommodations and networking with people in Guatemala, so we knew who to talk with when we arrived.”

All the planning paid off and the Airmen were able to deliver the emergency response vehicles to a thankful reception in Guatemala.

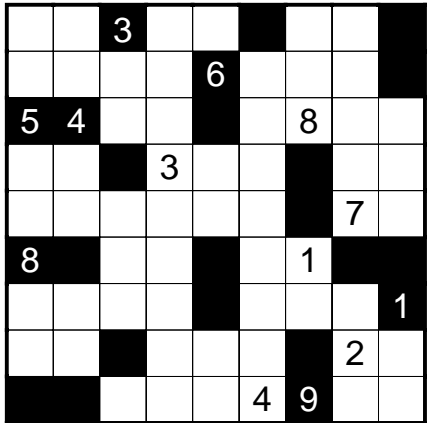
“I’ve been working on this for a year,” said Price. “Just to know the plane was flying here today with this aid for these beautiful indigenous people made my heart sing. You’re not here to save the world, but you are here to touch the hands within your reach. I appreciate what the Air Force has done here today.”



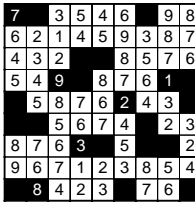
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STR8TS

No. 383 Tough



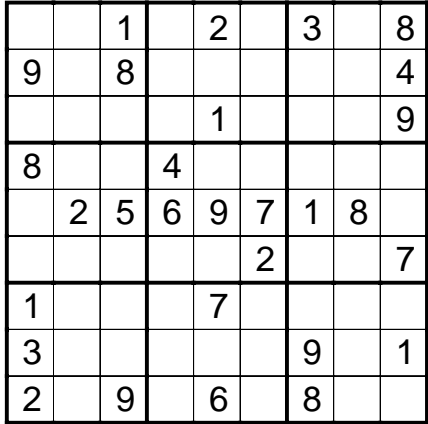
Previous solution - Medium



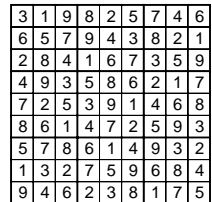
How to beat **Str8ts** – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

SUDOKU

No. 383 Easy



Previous solution - Very Hard



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

For many strategies, hints and tips, visit www.sudokuwiki.org

If you like Str8ts, Sudoku and other puzzles, check out our books, iPhone/iPad Apps and much more on our store at www.str8ts.com

The solutions will be published here in the next issue.

Retiree Corner

Air Force working toward groundwater cleanup

JOINT BASE SAN ANTONIO-LACKLAND, Texas — The Air Force is working closely with leading academic researchers to solve a global challenge: cleaning groundwater contaminated with Perfluorooctane Sulfonate and Perfluorooctanoic Acid, known as PFOS and PFOA.

The Air Force Civil Engineer Center's Broad Agency Announcement program began the charge toward finding better, faster and more sustainable solutions for cleaning

groundwater contaminated with PFOS and PFOA in 2011. Since then, AFCEC has awarded more than \$7 million in contracts for innovative technologies to better understand and remediate the two chemicals, said Monique Nixon, AFCEC BAA coordinator.

PFOS and PFOA are two manmade chemicals found in many products around the world, including firefighting foam formerly used by the military and commercial airports to combat petroleum-based fires.

For more information, visit <https://bit.ly/2Hs07D8>.

— Air Force News Service

News Notes

Sexual Assault Awareness and Prevention Block Party. Postponed to April 27. For more information, contact 2nd Lt. Katie McGaha at 424-5359 or katie.mcgaha.1@us.af.mil.

Community College of the Air Force graduation ceremony. 2 p.m. May 4 at the Travis Air Force Base Theater.

All Services Military Retiree Seminar. May 5 at Gresham Conference Center on Coast Guard Island in Alameda, Calif. Military and dependent IQ cards required for admission. Registration and breakfast 7:30 a.m., seminar 8 a.m. to noon. \$7.70 for lunch payable at door with reservation by April 28. For more information, visit <https://bit.ly/2HtaX7l>.

Gold Star Families Ruck March. May 19 at the 621st Contingency Response Wing's mobility warehouse in Bldg. 924. Check in 7:30 a.m., opening ceremony 9:30 a.m. with march immediately following. 6.2-mile course features military and civilian light and heavy categories. Registration deadline is May 15. The first 150 participants to sign up will receive a free T-shirt. The cost is \$65 for teams and \$20 for individuals. To register, visit <https://bit.ly/2vDQqna>. For more information, visit <https://www.facebook.com/GoldStarFamiliesRuck-March>.

Chapel programs

Upcoming events

Vacation Bible School. 9 a.m. to noon June 11-15 at Twin Peaks Chapel. Volunteers needed. If interested in volunteering or having your children participate, register at <http://www.myvbs.org/travisafbmakerfunfactory>. For more information, contact April Dingle at 202-702-2486.

Recurring events

- Catholic Twin Peaks Chapel**
 - Roman Catholic Mass: 9 a.m. and noon Sunday.
 - Children's Church: 10:15 a.m. Sunday.
 - Sacrament of Reconciliation/Confession: 4:30 to 5:30 p.m. Wednesday or upon appointment.
 - Infant Baptism Prep Class: Two classes. Registration required. 6 to 7 p.m., quarterly.
 - Youth Choir: 1 p.m. Sunday.
 - Children's Choir: 2 p.m. Sunday.
 - Adult Choir: 4 p.m. Sunday.
 - Women's Bible Study: 10 a.m. (at First Street Chapel).
 - Catholic Women of the Chapel: 6 p.m. first Monday of every month, Annex.
 - Rite of Christian Initiation of Adults: 6 to 7:30 p.m. Wednesday, Annex.
 - RE Classes: 10:15 to 11:30 a.m. Sunday, RE Wing.
- First Street Chapel**
 - Mom's Group: 9 to 11:30 a.m. Thursday and Friday.
- DGMC Chapel**
 - Roman Catholic Mass: Noon to 12:35 p.m. Monday through Thursday, except for federal

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San Francisco Lantern Light Festival. 6 to 11 p.m. April 27-28, 6 to 10 p.m. April 29; Solano County Fairgrounds, 900 Fairgrounds Drive, Vallejo. www.lanternlightfestival.com/san-francisco.

Spring Wine Stroll. 2 to 5 p.m. April 28, downtown Vacaville. 451-2100.www.downtownvacaville.com.

TreasureFest. 10 a.m. to 4 p.m. April 28-29, Pier 1, Treasure Island, San Francisco. www.treasurefest.com.

Vintage Market. 9 a.m. to 2 p.m. every third April 28, St. Paul's United Methodist Church, 101 West St., Vacaville. 925-978-6989.

Case Lot Sale. May 3-6 at the Travis Commissary. Savings up to 50 percent off regular retail price on a multitude of household products. The sale will take place on the side parking lot of the store.

The Hub. Fantasy role playing, noon April 28; Poetry by the Bay open mic, 6:30 p.m. second and fourth Thursdays, 350 Georgia St., Vallejo. www.thehubvallejo.com.

holidays.

The Church of Jesus Christ of Latter-day Saints

- Sacrament Services: 9 and 11 a.m. Sunday at Church of Jesus Christ of Latter-day Saints Fairfield Stake Center, 2700 Camrose Ave., Fairfield.

DGMC Chapel

- Latter-day Saints Service: 4 to 4:30 p.m. Sunday at DGMC Medical Center Chapel.
- For all other enquires, call LDS

Military relations representatives at 707-535-6979

Protestant Upcoming

Family Bible Study Night. 5:30 p.m. free dinner, 6:30 p.m. at First Street Chapel. Six-week study. Children's ministry offered for 6 months to 12 years old. Begins March 22.

First Street Chapel

- Protestant Community Service: 9:30 to 10:30 a.m. Sunday.
- Gospel Worship Service: 11:30 a.m. to 12:30 p.m. Sunday.
- Children's Ministry is provided for 6-month-olds through fifth grade.
- Protestant Men of the Chapel: 8 to 9 a.m., first Saturday of every month.

Twin Peaks Chapel

- Protestant Women of the Chapel: 9:30 to 11 a.m. Tuesday.

DGMC Chapel

- Protestant Traditional Service: 10 to 11 a.m. Sunday.

Airmen's Ministry Center

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

◆◆◆

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

In the next week ...

60th FSS

Upcoming

MLB discount tickets. Get tickets to the upcoming games: Oakland Athletics at Giants on July 14 and Atlanta Braves at Giants on Sept. 11. For more information, call 707-424-0969.

Club member breakfast. 6:30-9 a.m. April 22 at the Delta Breeze Club. Nonmembers \$7.95.

News and notes

Dependent ID card renewal. Dependents can now renew their ID cards online at <http://bit.ly/2C01q9e>.

Closures

NAF Human Resources Office hours. The office will close every Thursday. Business hours are 7:30 to 4:30 p.m. Monday, Tuesday Wednesday and Friday. NAF HRO also is closed on federal holidays. For more information, call 707-424-4749.

◆◆◆

For more information on FSS, visit <http://www.travisfss.com>.

Recurring

Air Force Office of Special Investigations. To report a crime, get a foreign travel brief or request information on joining AFOSI, report to Bldg. 380B, second floor. Send correspondence to AFOSI Detachment 303, 510 Airlift CR, Travis AFB, 94535. For more information, call 707-424-3115 or DSN: 837-3115.

Air Force Sergeants Association "Walter E. Scott" Chapter 1320. General membership meetings are at 3 p.m. on the second Friday of every month at Wingman's in the Delta Breeze Club. For more information, contact Senior Master Sgt. Angell Nichols or Tech. Sgt. Rebecca Linden de Romero.

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

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

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

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

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

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

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

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 October. For more information, visit <http://bit.ly/1yNIBwV>.

Family Advocacy Parent/Child playgroups. Toddlers to the Max Playgroup for children ages 1 to 3 meets from 9:30 to 11 a.m. Wednesdays at the First Street Chapel Annex. The Rattles to Raspberries Playgroup for infants 8 weeks to 1 year meets 9:30 to 11 a.m. Thursdays at the First Street Chapel Annex. For more information, call 707-423-5168.

Family and Friends Combat Stress Peer Support Group. Meets from noon to 1 p.m. the first Tuesday of every month at the Balfour Beatty Community Center and from 1-2 p.m. the third Thursday of each month at The Peak. For more information, contact Amber



Quirate and Jessica Soto at 501-231-7756 or email travsoptombatpstd@gmail.com.

Government no-fee passports. All submissions of applications for government no-fee passports must now include: 1) A photocopy of Military Identification Card front and back; 2) Passport photo taken in the past six months; 3) Supporting document(s), proof of U.S. citizenship certified copy with state or county seal, if it involved a name change submit a court order or marriage certificate. Passport application cannot be handwritten and printed back to back and must be completed online with 2D barcode at website <https://pftform.state.gov> and/or <https://travel.state.gov>. For more information, call 707-424-5324.

Hometown News Releases. To submit a Hometown News Release, visit <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 family members are eligible for free admission from Memorial Day to Labor Day. 1100 Railroad Ave. on Mare Island in Vallejo. 10 a.m. to 2 p.m. Monday through Friday, 10 a.m. to 4 p.m. Saturday. For more information, call 707-557-4646.

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

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

Montezuma Shrine Club. Meets every third Thursday of the month at the Masonic Center, 412 Travis Blvd., Fairfield. For more information, call Mike Michaelis at 707-427-2573 or Cal Gisham at 707-425-0060.

Motorcycle licensing and training. This organization welcomes volunteers and supporters from all backgrounds. There are recurring events Tuesday through Saturday. For more information, email Staff Sgt. Mathew Clayton at mathew.clayton@us.af.mil.

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

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

Travis Heritage Center. The facility is looking to add to its historical collection. It is missing the past 15 years of conflict in which Travis was involved. Do you have something special to donate for generations to appreciate? The center

MPF self-renewal program. Did you know that dependents can now renew their ID cards online? To participate in this program, visit <http://bit.ly/2mR1gI2>. This program is limited only for renewing dependents' IDs. For all other services, visit MPF during duty hours or call 707-424-8483.

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

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

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

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

60th Air Mobility Wing Information Protection Office. All requests are done on Thursdays and by appointment only. Schedule an appointment by calling 707-424-3114 or by emailing 60amwp@us.af.mil. Fingerprinting is only for federal employment and for agencies with a valid support agreement. 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.

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

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Travis Heritage Center. The facility is looking to add to its historical collection. It is missing the past 15 years of conflict in which Travis was involved. Do you have something special to donate for generations to appreciate? The center

THE FLIP SIDE

also seeks volunteers. The gift shop is open 11 a.m. to 4 p.m. Tuesday through Saturday. For more information, call Rick Shea at 707-424-5598 or email richard.shea@us.af.mil.

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

Tuskegee Airman Lee A. Archer Chapter. Meets at 1 p.m. third Saturday of the month at Nut Tree Airport. For more information, call James Harris at 707-631-6361.

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

- Jessica Pope, 349th Air Mobility Wing.
- Tony Brown, Scott Air Force Base.
- James Van Nostrand.
- Anonymous employee, McConnell Air Force Base, Kansas.

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 at the Travis AFB USO Bldg. 1348. Served from 11 a.m. to 1 p.m. every Wednesday. For active duty, Guard, reservist and their families.

Local events

Events

5th Annual Buzz Awards "Red Carpet Style." 5:30 to 9 p.m. May 4, Suisun Harbor Theatre, 720 Main St., Suisun City. www.fairfieldsuisunchamber.com.

Benicia's Farmers Market. 4 p.m. Thursdays through October, First Street between B and D streets. 745-9791.

Fairfield Farmers Market. 3 p.m. Thursdays through Oct. 7, corner of Jefferson and Texas streets www.fairfieldmainstreet.com.

"Generations" screening. 7 p.m. May 8, Solano Community College, 4000 Suisun Valley Road, building 1200, Fairfield. www.facebook.com/generationsthefilm.

Ghost Walk. 8 p.m. May 18, leaves from Virgil's Bait Shop, 201 Main St., Suisun City; 8 p.m. May 19, leaves from the Lawler House, 718 Main St., Suisun City. www.suisunwaterfront.com.

Ghost Walk. 8 p.m. first and third Fridays, leaves from 90 First St., Benicia. 745-9791.

"Lunchtime Laughs." Noon the first Friday of each month, Vacaville Public Library-Town Square, 1 Town Square Place. Free. www.solanolibrary.com.

Mother's Day Artisan Fair. 10 a.m. to 4 p.m. May 13, Suisun City waterfront. Free admission. www.brendamossaevents.com.

"Sounds of Suspense." Radio broadcast, noon fourth Friday of each month, Vacaville Public Library-Town Square, 1 Town Square Place. Free. www.solanolibrary.com.

Vacaville Farmers Market. 9 a.m. to 1 p.m. May 5 through Oct. 27, Creekwalk Plaza at Andrews Park, downtown Vacaville.



U.S. Air Force photo/Jim Anderson

Members of the 17th Wing at Goodfellow Air Force Base, Texas, watch an Alpha Warrior competition April 13 at the Mathis Fitness Center.

Tour

From Page 12

currently stationed at Joint Base Langley-Eustis, Virginia, was introduced to Alpha Warrior last year and walked away with a first place trophy at the service-wide 2017 Final Battle competition in San Antonio.

“I had never done this type of training before Alpha Warrior came to the bases,” Mitchell said. “It was really fun and is a great way to help people get into a different workout routine.”

The Alpha Warrior obstacles are demanding but attainable, Anderson said.

“They build physical strength, provide a sense of personal accomplishment, challenge Airmen to overcome stress, and promote individual and group fitness goals to achieve optimal performance,” he added.

Mitchell said the Alpha Warrior equipment may seem a little daunting for some but encouraged people to not “let your physical ability, strength or lack of physical ability sway you ... it’s a mindset and just like any other new activity or task, go after it full force ... don’t let it psych you out.”

“It wasn’t smooth sailing for me the first time,” she added, “but I kept practicing.”

This year’s meet and greet tour, managed by the AFSVA, introduces the fitness initiative to Airmen at 27 Air Force installations around the world. It follows the 2017 tour that

delivered equipment and information to 41 installations.

Tour stops are typically two days: Day one is focused on setting up equipment and familiarization and day two features an installation competition.

Installations are receiving either a battle rig (a 27-foot competition rig) or battle station (a 12-foot by 12-foot training rig) based on the desires of local leadership.

In addition to individual fitness, Alpha Warrior offers Airmen a new way to hone their skills, build confidence and improve unit cohesion.

“When Airmen are at their peak performance across the four pillars of Comprehensive Airmen Fitness, they are combat-ready and resilient. The lethality of our Air Force is improved,” Turner said.

In conjunction with the 2018 meet and greet tour, AFSVA is also conducting a newly developed fitness training course, specifically for the battle rig and battle station.

The course, conducted by Alpha Warrior coaches, will teach unit physical training leaders and fitness center staffs how to use Alpha Warrior equipment in concert with their routine squadron physical training programs.

The training is expected to launch next month and take place at 35 installations.

At the end of the meet and greet tour, the annual Air Force Final Battle will be held in November 2018 at the Alpha Warrior Proving Ground at Retama Park, Selma, Texas.

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Training

From Page 10

was also an enlisted and officer recruiter in Pensacola, Florida. He was the lead production superintendent at the 860th Aircraft Maintenance Squadron prior to becoming the detachment chief at Det. 14.

“Making a difference in a young maintainer’s career is very rewarding,” he said. “I knew that if I ever had the opportunity to become a detachment chief, I would jump on it. It has been the most rewarding experience. From training seasoned maintainers with over a decade of experience to having KC-10 crew chief technical school students, we get to make an impact in people’s careers at every level.”

“Our courses vary in length. Some are less than a week and some courses are several months long. It depends on the course material. Our teaching days are eight hours long with plenty of hands-on tasks. Some of the tasks are performed on



U.S. Air Force photos/Heide Couch

1) Staff Sgt. David Fagan, C-5M Super Galaxy airframe power plant general instructor, conducts a C-5M Enroute Class on a C-5 brake simulator, April 18 at Travis Air Force Base, Calif. The class is for maintainers that are transferring to the C-5 M from another airframe. 2) Tech. Sgt. Adam Branam, an instructor for the 373rd Training Squadron, Detachment 14, speaks to a group of crew chief trainees during a KC-10 Extender wheel assembly Feb. 7 at Travis Air Force Base, Calif. The 373rd Training Squadron, Detachment 14, based out of Sheppard Air Force Base, Texas, trains crew chiefs, electricians, jet mechanics, avionics, air and ground equipment and hydraulics troops on aircraft maintenance and repair.

our multimillion dollar trainers and some are performed on the actual aircraft.”

Lombera says the detachment trains 1,500 to 1,600 students per year. But more than how many students the detachment trains, it’s what it trains that sets it apart from other

training squadrons.

“What makes the 373rd Det. 14 unique is what also makes Travis AFB unique,” said Lombera. “We are one of the few detachments that train on three different weapon systems. There are over 50 unique courses that we can teach on the three separate airframes as well as aerospace ground equipment and faculty development courses.”

Each of the instructors must undergo intensive training to gain the fundamentals of teaching, policy and procedures, the counseling process and how to prepare and deliver academic lessons.

“All instructors must attend the Air Force’s Basic Instructor Course,” said Lombera. “They must also attain their Community College of the Air Force credentials since all our courses are CCAF accredited and all students receive CCAF credits based on the length of the course.”

Every instructor’s experience is different. Some have been stationed here at Travis and have gained experience on the flightline. Others come from different airframes, some have worked in quality assurance as a flying crew chief, as a backshop technician or in a special duty career.

Staff Sgt. David Fagan is a C-5M airframe power plant general instructor teaching Airmen that have little or no experience with the C-5M Super Galaxy.

“I have two different classes

that I teach: C-5M familiarization class and C-5M en route Class,” said Fagan. “The familiarization class is primarily for master sergeants and above and officers that are new to the C-5M. This class is designed to give the student a basic idea of the C-5M’s capabilities. The C-5M en route class is taught to maintainers that are transferring to the C-5M from another airframe.”

All curriculum is determined by the owning agency, said Fagan.

“For instance, Air Mobility Command determines what they want us to teach their maintainers about C-5s,” he said. “If they are heading to an en route base, they want their maintainers to know how to apply power to the aircraft, refuel, service engines, operate the cargo doors, operate the kneeling system, tow, perform inspections, etc. Every two years, this material is reviewed to ensure that the material taught is still relevant and is producing quality maintainers.”

The 373rd TRS has far-reaching global impact, providing training to all branches of service and United States allied commands.

“Most recently, one of our instructors traveled to Hawaii to train some Marine aviators on advanced wire maintenance,” said Lombera. “While I’ve been the detachment chief, we also had an instructor travel to India. He was one of the first to train the Indian air force on

C-17 Globemaster III ground equipment. We also had an instructor travel to Joint Base Fort Lewis-McChord, Washington, to train some Royal Australian Air Force Mainainers. She spent over a month there going over the C-17 avionics systems. We also train the Reserve members from the 349th Air Mobility Wing and maintainers throughout AMC and Air Force Reserve Command.”

After 20 years, Lombera’s career in the Air Force is coming to a close.

“I absolutely love being stationed here,” said Lombera. “This is the closest I’ve ever been to home and it’s great. Some might think that being part of a unit that is not part of the 60th AMW would make things difficult for us, but that couldn’t be further from the truth. When they say Team Travis, they mean it. We are taken care of very well here and we are very appreciative of that. We definitely feel like we are part of the team.”

Looking back on his career, Lombera is content with ending it at Det. 14.

“This was a great experience for me,” said Lombera. “One of the main reasons I decided to retire was because I could not imagine doing anything else after being the detachment chief for Det. 14 and the great group of non-commissioned officers and senior NCOs assigned here. I’m in awe of what they do every single day.”



Courtesy photo

MV-22 Ospreys refuel March 10 over the Atlantic Ocean with the help of a KC-10 Extender crew from Travis Air Force Base, Calif.

Ospreys

From Page 3

own aircraft to make it safely to Lajes as carrying more fuel slows flight.

“We had to come up with a good fuel plan,” he said. “I’ve never carried six receivers, definitely never flown this low and

slow for such a long time.”

Burleson said that while it was an unusual mission for the 9th ARS, it demonstrated adaptability.

“We’re a really flexible force and this displayed how flexible we are as a fighting force,” he said. “(I feel) a lot of pride in the personnel that we have across the different airframes, in the

different branches of service, coordinating through different agencies.”

The Ospreys are part of the Special Purpose Marine Air-Ground Task Force-Crisis Response Africa mission based out of Morón. The task force includes Marines and Sailors who respond to a range of crises across Africa.

Help

From Page 5

“Before they move out of the dormitory or purchase their first home or vehicle, I advise them to sit down with a financial counselor and go over their bank statements,” said Richardson. “I want to make sure we’ve

done everything to help prepare them to make payments.”

Of course, there have been times when Airmen have not heeded his advice and the situation went south.

“That’s when we have to take it out of their hands and they end up seeing a counselor anyway, plus they face other consequences,” said Richardson.

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Future

From Page 8

Air Force medicine has not had to address these questions on a large scale for many years. Even in Vietnam and the first Gulf War, U.S. forces relied on aeromedical evacuation and in-country hospital facilities to deliver higher levels of care.

“You really have to go back to Korea and World War II to find combat theaters like we need to prepare for today,” said Cum. “When we deploy medical forces forward, they need to be ready to survive on their own and deliver care for the long haul.”

Aeromedical evacuation forces must also adjust to prepare for future conflicts. With the possibility that fewer in-theater hospitals will be available, the Air Force must be ready to transport more critically injured patients.

“Evaluating combatant commanders’ requirements revealed that we need more Critical Care Air Transport Teams,” said Smyth. “We are building additional teams to meet that requirement.”

As the Air Force prepares for the future, readiness will continue to play a vital role. In future conflict scenarios, the AFMS might not have time to plan readiness cycles

in advance. If a conflict begins abruptly, or entails a total commitment of forces, there may not be time for medical Airmen to spin-up their training before deployment.

“When we consider potential adversaries, it’s going to take a full effort to provide the medical capability our forces rely on now,” said Cum. “Future conflicts may limit the time for just-in-time training, or spin-up training. We need to be ready today.”

The AFMS is finding new ways to incorporate medical readiness training into medical’s everyday duties. Air Force hospitals and clinics remain vital pieces of this readiness puzzle, through training, exercises and simulations. Much like the medical teams the Air Force deploys to the battlefield, the AFMS must stay agile to remain aligned to the needs of line forces.

Cum captures his feelings on this topic with a quote from President John F. Kennedy, found at his gravesite in Arlington National Cemetery.

“There’s one inscription that caught my eye,” said Cum. “It’s from President Kennedy’s inaugural address. ‘In the long history of the world, only a few generations have been granted the role of defending freedom in its hour of maximum danger. I do not shrink from this responsibility – I welcome it.’

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Symposium

From Page 4

medications and sometimes even who (the medical professional is) is the best way to take care of a patient.”

It also provides patients and providers a sense of trust because the care being provided actually has data to support it.

“Evidence-based practice is a vital organ of high reliability,” said Higgins. “It ensures we can earn trust from our patients and our staff by delivering the highest known quality of proven practices.”

The evidence comes from a variety of academia.

“Medicine has a volume of medical literature that is exponentially growing,” said Higgins. “We academically learn how to ask questions about the vast animal and human studies, clinical trials, review articles and case reports.”

This is important because by 2019, the vast majority of care will be recommended to be evidence-based.

“A report by the Institute of Medicine discussed medical error compared to the aerospace and nuclear power industry,” said Higgins. “The report recommended that by 2019, 90 percent of decisions providers, nurses and other health care professionals make should be evidence-based.”

Facilitating the course was Dr. Lynn Gallagher-Ford, senior director of Helene Fuld



U.S. Air Force photo/Louis Briscese

Participants vote on story boards April 13 during the Transdisciplinary Evidence-based Practice Conference at NorthBay Healthcare Medical Center, Fairfield, Calif. The goal of the Transdisciplinary Evidence-based Practice Conference is to improve care based on clinical expertise, patient preference and evidence.

Health Trust National institute for Evidence-based Practice in Nursing and Healthcare at Ohio State University. Involved with the program since its inception, Gallagher-Ford is thankful for the Air Force’s involvement.

“We started CTEP in 2011,” said Gallagher-Ford. “During the initial stages of the program, we held these courses in Columbus Ohio. Then in 2014, an opportunity to work with the Air Force changed everything.”

What started out with a few

courses in Columbus evolved to bringing the courses to different health care facilities. The immersion course was held at Wright-Patterson Medical Center, Ohio, and established the partnership between the Air Force and Ohio State.

“This was a time during sequestration, so the Air Force had educational money, but no travel money,” said Gallagher-Ford. “So we took the program to Wright-Patterson. It was the first time we took the program on the road.”

The benefits of bringing the program on the road were immediately felt.

“It’s much more cost-effective if we come to them rather (than) they come to us,” said Gallagher-Ford. “Besides the cost, you get greater participation because you can have

30 students attending instead of sending one or two here and there.”

Since the initial immersion, the program has grown expeditiously.

“The first year we did about two or three of these on the road,” said Gallagher-Ford. “Now we’re up to over 20 courses a year on the road while still providing three courses a year in Columbus.”

What helps make the partnership so successful is the involvement and support provided by senior Air Force medical leadership. One of those leaders is Maj. Gen. Dorothy Hogg, deputy surgeon general, chief nurse corps.

“Major General Hogg is a huge supporter of the evidence-based program; she’s been through the immersion,” said

Gallagher-Ford. “She’s been on board since day one. Her leadership has been instrumental during this partnership.”

Hogg agrees that the partnership is not only vital for the Air Force but beneficial for Ohio State as well.

“We learn from each other,” said Hogg. “There are advances we’ve made in the military that we’ve been able to share with our civilian partners, and vice versa,” said Hogg. “We’ve chosen to go straight to the source to teach our nurses.”

Hogg also believes that evidence-based practice will change the way the Air Force provides health care in the future.

“Providing safe, quality health care is contingent upon evidence-based practice,” said Hogg. “It’s about taking the latest research and putting it into practice at the bedside, chair-side and plane-side.”

The programs are set up to be challenging. Students have to research a lot of educational material and present their findings.

“This program is like a graduate level evidence-based program course in a week,” said Gallagher-Ford. “It’s very intense (and has) a lot of content. We teach it, they do it. They all work on an individual project and by the end of the week, they all present them to the class.”

As for the attendees, Staff Sgt. Michael Lloyd, 60th Aerospace Medicine Squadron, NCO in charge of hyperbaric medicine, believes there were benefits from attending the course.

“It was hard work, very labor intensive, but a great educational learning experience,” said Lloyd. “All Air Force Specialty Codes will benefit greatly from utilizing evidence-based practices.”

The end results are better health care for patients and more effective and efficient methods for health care providers.

“What’s beginning to happen is these programs are now becoming centralized best practices,” said Gallagher-Ford. “If we’re fixing problems at 10 places, potentially we will be fixing problems at 100 places.”

Paws

From Page 5

Florida, hoping he could find the answer he had been looking for.

“My medications weren’t doing it for me, my counselors weren’t doing it for me and the therapy wasn’t doing it for me,” Jones said.

Individually trained medical service dogs can be obtained through nonprofit organizations such as Guardian Angels, Freedom Service Dogs, K9s For Warriors and many other organizations who rescue, raise, train and then donate these service dogs to veterans.

After reviewing his application, Borden decided he was the right candidate to receive a service dog.

“I want to make it possible for people like Brandon to get the help they need through our amazing dogs,” Borden said. “We custom train each one of our dogs to mitigate the challenges that someone might be having.”

Jones visited the dog farm weekly while waiting to be paired with the right service dog. He needed a service dog that could alert him during PTSD triggers and help him ease through those anxieties.

“Never did I think that I would have a dog that would help me get back to a stable life,” Jones said. “If I’m having nightmares, he will literally come and lick me until I wake up. When he senses an anxiety attack, he will put himself on me and he will force me to pet him.”



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

Retired Tech. Sgt. Brandon Jones and his service dog, Apache, pose for a photograph in front of “Golden Bear,” a C-141B StarLifter static display, March 30 at Travis Air Force Base, Calif.

Jones credits his service dog, Apache, for saving his life.

“It’s been a life-changing experience for me,” he said. “He is the reason why I can go outside now. He is the reason why I can interact with people and, most importantly, I can spend time with my family again.”

Jones urges others who may be going through a similar situation to reach out to military agencies that can help them get PTSD treatment. “If one option doesn’t work, there is always something else available,” he said. “For me, the answer

was getting a service dog. But every person heals differently. Find what works for you and know there is light at the end of the tunnel.”

No matter where you live, PTSD treatment in the Department of Veterans Affairs is available. According to the National Center for PTSD, each medical center within Veterans Affairs has PTSD specialists who provide treatment for veterans with PTSD. There are nearly 200 specialized PTSD treatment programs throughout the country.

Garbarini

From Page 2

increased. Life was much different for me than the idyllic, pre-internet time of the mid-1990s.

And then the “over 80 percent statistic” really hit home to me. You joined the military knowing that it was not going to be easy. You joined the service knowing you could get called into harm’s way. You entered the profession of arms in a very uncertain world knowing you were going to be tested.

I know that not all of you will

Leidholm

From Page 4

that hit her the hardest. She turned four while her father was deployed and had a hard time going to bed without her dad there to tuck her in and not seeing him everyday. Her sister also had a birthday while he was deployed. She turned one. Missed birthdays and holidays have become something of the norm for us. Saying goodbye to friends and caregivers has as well.

Technology has helped by enabling us to video chat whenever given the chance, but time changes and the mission always poses some challenges in making our “video chat dates.”

Once her dad returned from his deployment, I was later tasked with a short-notice TDY to Argentina.

Every day, she asked when I was coming home and I tried my best to video chat with her despite the time difference. My only hope was that I would make it home by Thanksgiving to spend time with my family. The crew was able to make good on their

promise to deliver the cargo needed to accomplish the mission and make it home just in time.

Over the years, she has been resilient to the constant change in the military and her curiosity has grown about our jobs. She’s finally understood that dad only fixes airplanes – he doesn’t fly them – to which she replies that she wants to be a KC-10 Extender pilot.

The month of April is known as Month of the Military Child. The month is dedicated to the hardships and stress military children go through and recognizes their sacrifices.

I take great pride in serving for the United States and for my girls. Our service would not be possible without their sacrifices. It’s because of them that I or their dad can accomplish the mission set before us.

To this, I salute them and all military children serving alongside their moms and dads. You do not go unnoticed and it’s your steadfast resolve and love that allows military parents the ability to serve honorably.

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0606 AREA 6
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0315 FAIRFIELD HOMES FOR RENT
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Aerial firefighters from four C-130 airlift wings operating the U.S. Department of Agriculture Forest Service's Modular Airborne Fire Fighting System started a weeklong training at McClellan Reload Base in Sacramento, Calif., April 24 in anticipation of summer blazes.

MAFFS

From Page 10

readily available, as they frequently are during periods of high wildfire activity,” said Kim Christensen, U.S. Forest Service deputy assistant director for operations. “Training that includes all of the military and civilian personnel that work together when MAFFS are mobilized is critical to ensure that military aircraft fly safely and effectively and that they can be seamlessly integrated into wildfire suppression operations.”

Participating airlift wings include three Air National Guard units – 146th Airlift Wing from Port Hueneme, California; 152nd Airlift Wing from Reno, Nevada; 153rd Airlift Wing from Cheyenne, Wyoming – and the Air Force Reserve Command’s 302nd Airlift Wing

from Peterson Air Force Base, Colorado.

Training water drops will be executed on lands within the Tahoe and Shasta-Trinity national forests. California residents in these areas may see low-flying U.S. Forest Service lead planes and C-130s dropping water Tuesday through Friday.

In the past decade, military C-130s equipped with MAFFS delivered more than 8 million gallons of fire retardant to aid in the suppression of wildfires around the U.S.

MAFFS aircraft are activated to supplement commercial airtankers contracted by the USDA Forest Service during periods of high wildfire activity throughout the nation. They are also activated by governors to assist with wildfire suppression in states where the Air National Guard units that provide the C-130s are located, including California.

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Degree

From Page 11

of recommendation and personal statements.

Additionally after 12 years, Berger had to prepare for and retake the ACT test.

“It’s funny you forget how to divide fractions, those simple things you haven’t done since you’ve taken the class,” Berger said.

The two-year EMDP2 program will transfer Berger on permanent change of station orders to Bethesda, Maryland. This is where he will attend school full-time at the Uniformed Services University of Health Sciences. Through the program all tuition and associated academic costs are funded by the Air Force. Following successful completion of the program, graduates will apply for acceptance to the USUHS medical school as well as civilian medical schools.

While daunting, Berger has a strong passion for learning and education.

“I’ve always felt that school is a comfortable, safe and enjoyable environment for me, and I’m prepared to sacrifice myself for the benefit of not only personal growth but also for the amount of investment that the Air Force has and will continue to put into me,” Berger said.

Berger’s enlisted AFSC’s strong focus on education has

prepared him for the challenge to come.

“Learning a foreign language over the course of a year was a big challenge for me however, I was able to successfully complete it and it will prepare me for the workload that is soon to follow,” Berger said.

At a crossroad in his career field, and with his contract almost up, Berger took the plunge and accepted the challenge to train to become a doctor.

“It’s time for me to move onto a position with more responsibility and maybe have a little bit more overarching viewpoint of the Air Force in general,” Berger said.

Berger’s passion for learning and his core principles of goodwill to others and civic duty drove him to apply to the program and will continue to drive him to successfully complete it.

“I’ve always been somebody to discover new things, and the alluring thing about the medical program in a military sense is an altruistic endeavor,” Berger said.

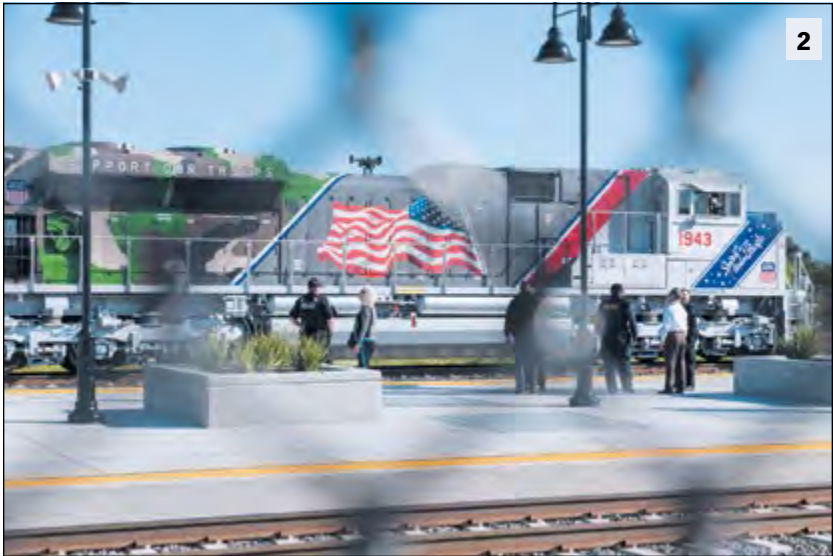
Upon successfully completing EMDP2 and becoming an Air Force doctor, Berger will be able to provide medical treatment to Airmen in need. In addition to being able to help his fellow Airmen in a physical capacity, Berger also hopes he can inspire them in a broader, holistic sense, so ultimately, they will aspire to materialize their highest ambitions.



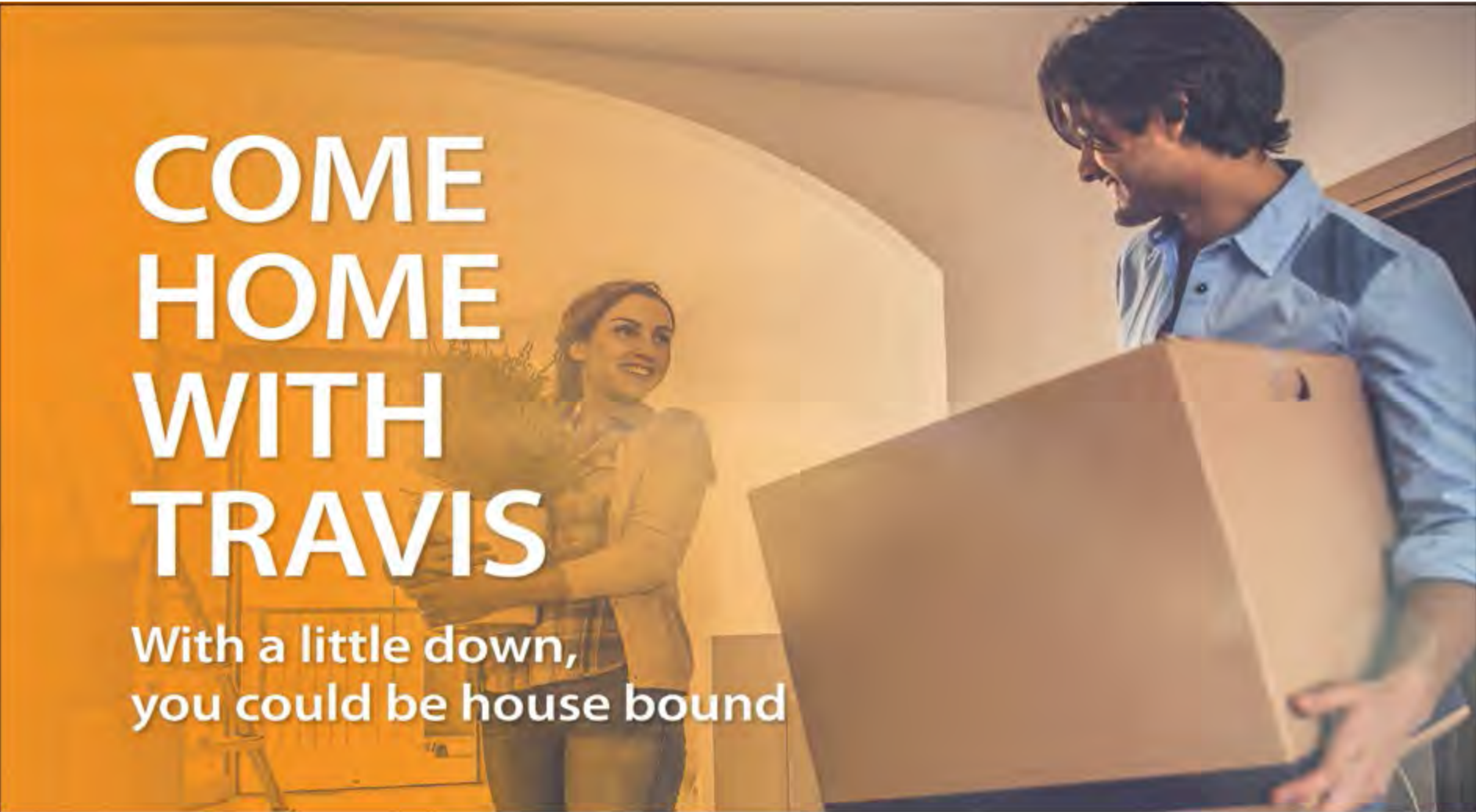
1) Col. Matthew Leard, 60th Air Mobility Wing vice commander, provides remarks during the Fairfield-Vacaville Train Station dedication April 19 in Fairfield, Calif. The four-year, \$37.5 million project will help connect commuters from Solano County with Travis Air Force Base and the Bay Area.

U.S. Air Force photos by Louis Briscese

Train station near Travis gets ...ROLLING



2) Union Pacific's Locomotive No. 1943, The Spirit, is displayed during the Fairfield-Vacaville Train Station dedication April 19 in Fairfield, Calif. 3) Civic leaders and government officials pose for a photo during the dedication.



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