

ADVERSITY

Airman from Mexico overcomes ...

PAGES
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Trust urges organizations to new heights

Trust is an intangible characteristic based on a belief that the person, group or organization bestowed with that trust will act in the best interests of those who have faithfully provided it. Trust is the bedrock upon which the Air Force functions. Internally, we trust our leaders will act in the best interest of our nation, place the needs of the mission above their own and provide for the welfare of the Airmen in their charge. We trust our team members are



Commentary by Col. John Langell
349TH MEDICAL GROUP

well-trained and competent wingmen that can be counted on to perform with excellence and integrity, even in the face of mortal danger. Externally, our nation entrusts us with the judicious use of immense power to serve the best interests of the American people, ensuring our freedoms while abiding by acceptable moral and ethical standards. Both internal and external organizational trust is built on the faithful belief we will place

Commander's Commentary

the interests of others above our own in the performance of our duties. Two key forms of trust that drive our operational performance are reciprocal trust and associative trust. Reciprocal trust is the form of trust we rely upon in day-to-day operations. It is the trust that exists between leaders and their organization, supervisors and their subordinates and within and between teams. In reciprocal trust,

individuals have a faithful belief that their leaders and teammates can be counted upon to be good wingmen. Through our daily interactions, this trust can be strengthened or weakened based on our performance and how we choose to live our lives. Reciprocal trust can be easily lost as it is based on a mutual belief that each will serve the best interests of others and of the organization. When either is perceived to breach that faith, trust is lost or diminished and with it, mission effectiveness. It is incumbent upon Air Force leaders and supervisors

to ensure their organizations establish a culture that nurtures trust. Creation of a culture of trust will empower everyone within the organization to act swiftly to identify and correct actions as well as perceptions that risk the loss of trust and its degradation of operational effectiveness. All trust must be earned and maintained, however. Unlike reciprocal trust that is earned or lost by individuals actively performing within an organization, associative trust is bestowed upon all individuals within the organization based

See LANGELL Page 24

Work to become leader who Airmen remember

Commentary by Chief Master Sgt. Patricia Kawaa
349TH MEDICAL GROUP

In my 25 years in the Air Force, I have had the opportunity to work with many types of leaders. The leaders I remember most are the ones who weren't afraid to make decisions. Many times, I found that people waived and failed to make a move because it might be unpopular or be an uncomfortable decision to make. As leaders, it is up to us to be willing to step outside of our comfort zone and make the hard decisions. In doing so, we let our Airmen know we will stand up for what we believe in. Chief Master Sgt. Gerald R. Murray

Chief's Commentary

stated in an article entitled, Concepts for Air Force Leadership, "The military is unique in that we grow our Airmen to be courageous leaders. When Airmen first join the Air Force, we teach them how to be technically proficient in their jobs. We ask them to look at procedures and see if there are ways to make improvements. I recently visited the Phoenix Spark lab on base and was very impressed at the work our Airmen are doing to increase efficiency. These Airmen are taking courageous steps." As non-commissioned officers, our military members start to become leaders of people, and are now responsible

for the growth of the Airmen following them. We count on our NCOs to make decisions ensuring the right person gets put in the right job, at the right time, for the success of the mission. This movement will at times cause our Airmen to have to move outside of their comfort zone and learn something new. It is from the support and knowledge of our NCOs that these members will be willing to take another courageous step forward. Once our NCOs become senior NCOs their responsibility to continue building courageous leaders doesn't stop. We must build our replacements through force development opportunities. Assigning NCOs to special duties and giving them an opportunity to increase

their breadth of experience will only better prepare them for the future. The Air Force Reserve has changed over the years and we now have the opportunity to serve in special duties. We now have members serving as recruiters, technical instructors and on the honor guard, just to name a few. We have all heard the phrase, "Force development isn't forced development." There is opportunity for those who want the chance to do something different. We, as leaders, must be willing to offer those opportunities even though it may mean we lose our strongest members. Be honest, live with integrity and guide our Airmen to be courageous and embrace the challenges ahead—to be leaders we remember.

Brace shop designs tibial fracture orthosis

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

A 12-year-old boy raced toward the ball. He was determined to kick it into the back of the net to win the game. Another child challenged the would-be goal scorer and their legs slammed into one another in a violent collision. The collision resulted in the boy breaking the tibia, the second largest bone in the body, in his right leg. The boy's family wanted him to heal as quickly as possible so he could return to playing the sport he loves. After seeking treatment at David Grant USAF Medical Center at Travis Air Force Base, California, in February, he was referred to the orthotics lab, or brace shop, by an orthopedic surgeon to be fitted for a custom brace.

"We casted his leg and created a tibial fracture orthosis for him and had him walking in 48 hours," said Tech. Sgt. Michael Vanderhoef, 60th Surgical Operations Squadron brace shop noncommissioned officer in charge. "Many other places could take between two and four weeks to do the same thing. So 48 hours is outstanding turnaround time for anything that is custom made."

Vanderhoef fabricated the brace, which was the first of its kind created at DGMCC in nearly a decade. Without it, Vanderhoef said, the boy likely would've been in a hard cast and relying on crutches to get around.

"Daily life would've been a struggle," he said. "A hard cast for four to six weeks isn't ideal because you lose foot and ankle motion. The cast also makes everyday tasks like bathing tedious. Everyone wanted to see the boy heal quickly and the tibial fracture brace applies circumferential compression, which helps stabilize and protect the



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

Tech. Sgt. Michael Vanderhoef, 60th Surgical Operations Squadron noncommissioned officer in charge of the Orthotics Lab, demonstrates the process for making an orthotics brace April 17 inside David Grant USAF Medical Center at Travis Air Force Base, Calif. In the last year, the Orthotics Lab has cared for more than 4,000 patients and produced nearly 1,000 custom-fabricated devices.

area around the fracture site. It also increases the inter-cavity pressure in the tissue around the bone and helps provide better stability than a standard hard cast would."

Watching the boy walk out of the clinic shortly after being fitted for the brace was a great feeling, Vanderhoef said.

"Having the ability to change someone's day for the better and help them is awesome," he said. "I love the job. Some people drastically change after you put a device on them. You can see a change almost immediately in their attitude. Seeing that change and being a part of it is the best part of the job."

The boy wore his brace for a few weeks and is once again playing soccer. Over the past year, the brace shop has seen more than 4,000 patients and fabricated nearly 1,000 custom braces. The clinic has the capability to provide

See BRACE SHOP Page 21

Tailwind

Travis AFB, Calif.
60th Air Mobility Wing

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On the cover

Airman 1st Class Adrián Gómez, 60th Maintenance Squadron precision measurement equipment laboratory technician, works to calibrate a piece of machinery May 2 at Travis Air Force Base, Calif.

U.S. Air Force photo/Airman 1st Class Christian Conrad

U.S. Air Force photo/Jan Kim

WARRIOR OF THE WEEK

Name:

Staff Sgt. Joshua Doucet.

Unit:

21st Airlift Squadron.

Duty title:

C-17A instructor loadmaster.

Hometown:

Lafayette, Louisiana.

Time in service:

Six years.

Family:

Spouse, Lauren; dog.

What are your goals?

Being the 21st AS instructor of the year. Long-term, I'm interested in commissioning to become an officer in the Air Force where I want to be a C-17 pilot.

What are your hobbies?

Mountain biking, hiking, riding motorcycles, working on cars and fishing.

What is your greatest achievements?

Being selected as the 385th Air Expeditionary Group loadmaster of the quarter and achieving distinguished graduate at Airman Leadership School.

Standing tall between moves

Exchange helps spouses grow careers from station to station

Conner Hammett

ARMY & AIR FORCE EXCHANGE
SERVICE HEADQUARTERS

DALLAS – For the more than 6,000 military spouses employed by the Army & Air Force Exchange Service, changing duty stations doesn't have to mean giving up a rewarding career.

According to the U.S. Chamber of Commerce Foundation's Hiring Our Heroes program, unemployment among military spouses in 2017 was at 16 percent – about four times the national average. Military spouses often have to quit their jobs when they relocate, leading to long periods of unemployment.

The Exchange is the Department of Defense's largest military retailer, with more than 2,700 facilities in 34 countries and employing 35,000 associates. Associates who are military spouses can usually be transferred to an equivalent job near their spouse's new duty station. If there is a break in service of no more than six months, they may be eligible for reinstatement of their benefits. Returning associates may also receive special considerations for their starting salary upon reemployment.

"The Exchange is family serving family," said Air Force Chief Master Sgt. Luis Reyes, the Exchange's senior enlisted advisor. "Letting spouses take their jobs with them strengthens military families and gives those who stand behind our nation's Warfighters the opportunity to flourish in a meaningful, satisfying career."

In 2018, the Exchange was designated a Military Spouse Friendly Employer by Victory Media, publisher of Military Spouse Magazine, for the seventh time since 2010. More than 4,000 military spouses joined the Exchange's ranks and more than 1,000 military spouses were promoted in 2017.

Thomas Heidenmann, assistant loss prevention manager at the Joint Base Pearl Harbor-Hickam Exchange, started working for the Exchange in 2015 at Fort Bliss, Texas. When his wife, Army Maj. Rosemary Baugh, underwent a permanent change of station to Schofield Barracks, Hawaii, he found keeping his job was as easy as signing a piece of paper.

"Everybody who's ever had to PCS



Courtesy photo/Sgt. 1st Class Tim Meyer

Amanda Greene, visual merchandiser at the Travis Air Force Base Exchange, moved to California this year for her active-duty husband's final Permanent Change of Station. Rather than leave her existing job with the Exchange, Greene applied for a promotion at her new location, and she got the job.

knows what it's like to go through the hassle of moving your whole life from once place to another, and the last thing you need is to be worrying about finding a new job," Heidenmann said. "Working for the Exchange, I knew my start date before we even moved. I didn't even have to apply. I just moved there and started working."

Amanda Greene, visual merchandiser at the Travis Air Force Base Exchange, started working for the Exchange in 2015 at Fort Polk, Louisiana. When her husband, Army Spc. Colin

Greene, finished his military career and PCS'ed home to California, Greene applied for a managerial position at the nearby Travis Exchange – a job she ended up getting.

"Having the Exchange is a really comforting thing," Greene said. "We knew they had facilities at each place the Army could have sent us to, and PCS'ing even allowed me to move up in the company."

To explore career opportunities with the Exchange, visit ApplyMyExchange.com.

Shoppers at Exchange can boost relief funds for Army, AF

Jessica Jones

ARMY AND AIR FORCE EXCHANGE SERVICE
PUBLIC AFFAIRS

The Travis Air Force Base, California, Exchange is making it easy for shoppers to help Airmen and military families in need during the first of three "give and get back" donation periods.

From May 15-20, Army and Air Force Exchange Service shoppers can donate to the Army Emergency Relief and Air Force Assistance Fund, which provide emergency assistance, sponsor educational programs and offer community programs that improve the quality of life for service members and their families. During the donation period, for every \$5 donated at the register, shoppers will receive a coupon for \$5 off a \$25 purchase at the Exchange.

This is the second year of the partnership between the Department of Defense's largest retailer and the military support funds. Last year, Exchange shoppers gave more than \$258,000 worldwide.

This year, the Exchange is increasing the number of donation periods from two to three. In addition to the May opportunity, shoppers can donate Aug. 1-5 and Nov. 30-Dec. 5.

"The Travis AFB Exchange is honored once again to support these two important organizations," said Flor Payton, Exchange general manager. "We know how much Army Emergency Relief and the Air Force Assistance Fund means to our warfighters and their families during difficult times."

There is no limit to the number of coupons shoppers can earn, and the coupons can be redeemed in stores or online at ShopMyExchange.com.

Actions have consequences

**60th Air Mobility Wing
Judge Advocate**

Law and Order



Law and Order is a monthly feature detailing the previous month's military justice matters at Travis.

Publicizing this information fosters an atmosphere of good order and discipline by demonstrating how the military enforces standards of conduct.

This feature also serves to educate and inform the public concerning military law and the military justice system:

During the month of April, seven Airmen received final review of nonjudicial punishment under Article 15, Uniform Code of Military Justice and eight Airmen were involuntarily separated.

Nonjudicial punishment (Article 15s)

60th Contracting Squadron

A technical sergeant received an Article 15 for three specifications of assault consummated by a battery, a violation of Article 128, UCMJ. Punishment consisted of a reduction to the grade of staff sergeant.

60th Logistics Readiness Squadron

A senior airman received an Article 15 for one specification of wrongful use of marijuana, a violation of Article 112a, UCMJ. Punishment consisted of a suspended reduction to the grade of airman first class and a reprimand.

60th Operations Support Squadron

A senior airman received an

Article 15 for two specifications of failure to go, a violation of Article 86, UCMJ. Punishment consisted of seven days extra duty, a suspended reduction to the grade of airman first class and a reprimand.

60th Security Forces Squadron

An airman first class received an Article 15 for one specification of wrongful use of marijuana, a violation of Article 112a, UCMJ. Punishment consisted of reduction to the grade of airman basic, and a reprimand.

821st Contingency Response Squadron

A senior airman received an Article 15 for one specification of wrongful use of marijuana, a violation of Article 112a, UCMJ. Punishment consisted of reduction to the grade of airman first class and a reprimand.

921st Contingency Response Squadron

Two senior airmen received an Article 15 for one specification of failure to go, a violation of Article 86, UCMJ. Punishment consisted of reduction to

See **LAW AND ORDER** Page 23

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Se Habla Español

Financial peace: Families reduce debt by nearly \$84K



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

Savannah Ruiz, left, and her husband, Senior Airman Ruben Ruiz, 921st Contingency Response Squadron aerial porter, pose for a photo with their children outside their home April 26 at Travis Air Force Base, Calif. The couple attended the Financial Peace Military course and used what they learned to pay off three credit cards, reducing their debt by \$5,000.

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

“Think about how great life would be if you were debt free,” said Chaplain (Capt.) Kemuel Bellows, 349th Air Mobility Wing chaplain. “What kind of choices would you make if your home was paid off? If your children’s college was paid for and your bills are paid, what would your future or your retirement look like? What would you do?”

These questions were posed to Airmen and their family members who attended the Financial Peace Military course at Travis Air Force Base, California, Jan. 24 to March 21. The course, free to active-duty military members, consists of nine lessons covering 18 hours of material including lessons on budgeting, saving, reducing debt and planning for retirement.

Bellows served as a facilitator for one class, while Chaplain (Lt. Col.) Gregory Jans, 60th Air Mobility Wing senior Protestant chaplain, facilitated another. The duo shared a variety of Dave Ramsey’s Financial Peace techniques with Airmen ranging in rank from airman basic to colonel.

“The average Airman enters

the Air Force with \$26,000 in debt, and in our classes, 29 families had a combined debt of more than \$908,000,” said Jans.

By the end of the nine-week course those families reduced their total debt by \$83,951 and increased their savings by more than \$47,000.

During the class, Bellows and Jans used the Financial Peace curriculum and guided discussion to teach a variety of financial management concepts such as the nuts and bolts of budgeting.

“It’s important to track every penny,” said Jans. “We encourage couples to both support and agree on a budget. One of the biggest issues in relationships is squabbles about money. So if we can help people manage that better, get them on the same page where they’re reducing debt, enhancing savings and building a better foundation, they’ll be much better off.”

Helping families improve their financial situation also enhances readiness, said Jans.

“Better fiscally prepared Airmen make better Airmen at work and better Airmen for deployment because their families have a plan that can be acted upon,” he said.

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Travis supports blood drive



U.S. Air Force photo/Heide Couch

Staff Sgt. Anita Richard, 60th Medical Surgical Squadron, donates blood April 27 at Travis Air Force Base, Calif. Since 2012, Travis has supported 4,815 patients. Just one pint of donated blood can help save as many as three lives.

Air Force selects locations for B-21

Secretary of the Air Force Public Affairs

WASHINGTON — The Air Force announced that the B-21 Raider will replace B-1 Lancer and B-2 Spirit aircraft at three existing bomber bases beginning in the mid-2020s.

The Air Force selected Dyess Air Force Base, Texas; Ellsworth AFB, South Dakota; and Whiteman AFB, Missouri, as reasonable alternatives to host the new B-21 aircraft. Using the current bomber bases will minimize operational impact, reduce overhead, maximize re-use of facilities and minimize cost, Air Force officials said.

“Our current bomber bases are best suited for the B-21,” said Secretary of the Air Force Heather A. Wilson. “We expect the first B-21 Raider aircraft to be delivered in the mid-2020s.”

Barksdale AFB, Louisiana, and Minot AFB, North Dakota,

will continue to host the B-52, which is expected to continue conducting operations through 2050.

“We are designing the B-21 Raider to replace our aging bombers as a long-range, highly-survivable aircraft capable of carrying mixed conventional and nuclear payloads, to strike any target worldwide,” said Chief of Staff of the Air Force Gen. David L. Goldfein.

The Air Force will make its final B-21 basing decision following compliance with the National Environmental Policy Act and other regulatory and planning processes. That decision is expected in 2019.

Although the first B-21 are expected in the mid-2020s, the Air Force doesn’t plan to retire the existing bombers until there are sufficient B-21s to replace them. The Air Force hasn’t determined which location will receive the aircraft first.

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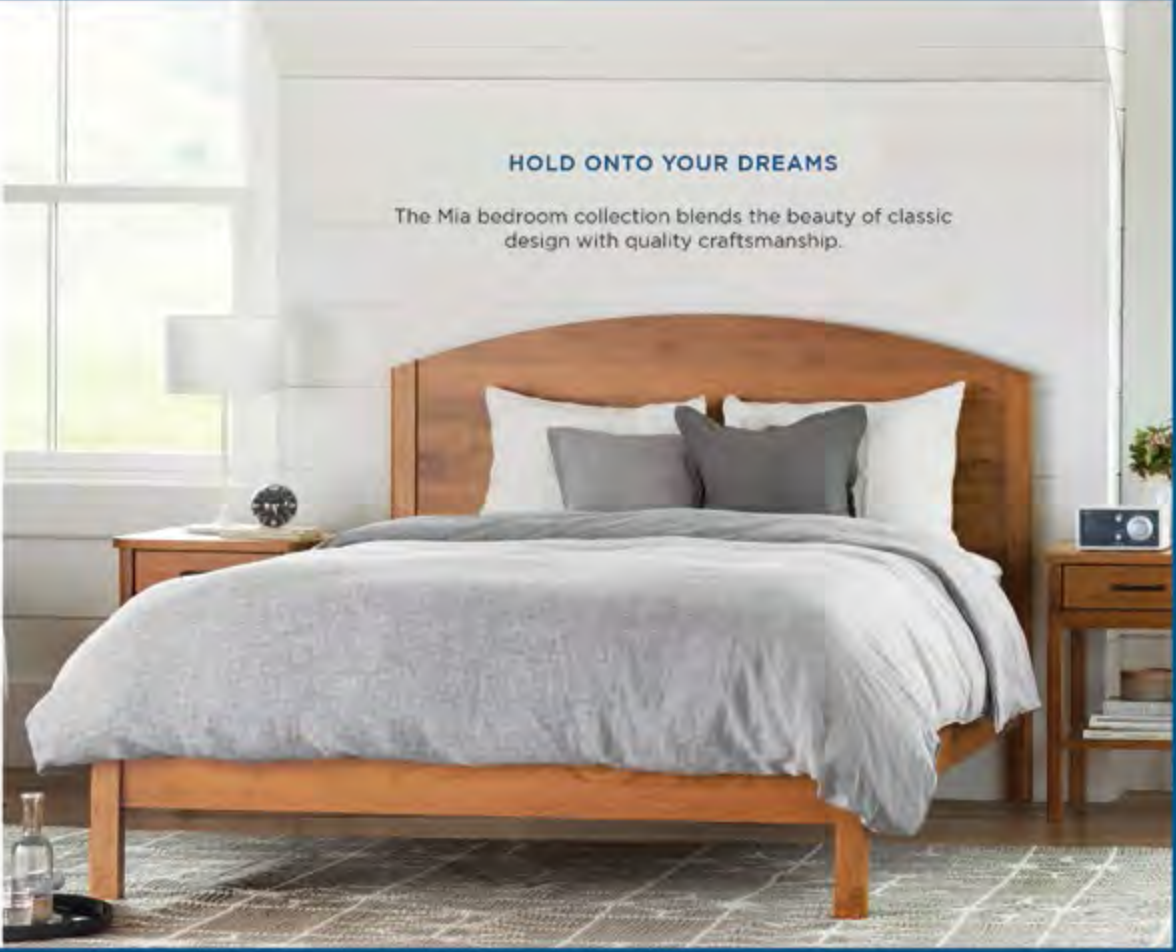
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U.S. Air Force photo/Tech. Sgt. Veronica Pierce

Master Sgt. Geoffrey VanDyck, 707th Force Support Squadron first sergeant, views an image of the tumor found on his auditory nerve. In May 2005, VanDyck was diagnosed with acoustic neuroma, a noncancerous, normally slow-growing tumor that develops on the main vestibular nerve that leads from the inner ear to the brain.

Sergeant confronts hearing loss

Tech. Sgt. Veronica Pierce
70TH INTELLIGENCE, SURVEILLANCE AND
RECONNAISSANCE WING PUBLIC AFFAIRS

FORT GEORGE G. MEADE, Md. — More than 10 years ago, while stationed in Hawaii, Master Sgt. Geoffrey VanDyck, had the constant feeling of water in his ear.

He knew something was wrong. Nothing seemed to relieve the feeling, so his medical provider sent him to an ear, nose and throat specialist. After an MRI, the cause of his pain and discomfort was found: a golf ball-sized tumor, an acoustic neuroma.

According to the Mayo Clinic, acoustic neuroma is a noncancerous, usually slow-growing tumor that develops on the main vestibular nerve leading from the inner ear to the brain. In some cases, it can grow rapidly, pressing against the brain and interfering with vital functions.

In VanDyck's case, radiation was not an option, so surgery had to be performed.

The tumor was located close to his spinal cord, so his doctor

gave him two choices: have surgery to remove the tumor, and have a 1 percent chance of hearing again, or let the tumor continue to grow and have a 100 percent chance of becoming a quadriplegic within a year.

"I did the quick math and said OK, let's lose the hearing," VanDyck said.

At exactly the same time, it was VanDyck's turn for a permanent change of station. The surgery was scheduled in San Antonio, while he was en route to his next duty station. The timing of the surgery would leave him separated from his family for months, providing him no support network during and after the surgery.

"When I was diagnosed, I had orders to Arizona," said VanDyck.

Doctors said he could be flown to San Antonio for the surgery and fly back and forth every other week for follow-up, but VanDyck knew there had to be another option.

That was when he went to his first sergeant in Hawaii for assistance.

VanDyck worked through

the career field functional manager to get his orders changed to an assignment in San Antonio. There, he could have the surgery and his family would be close by to help him recover.

After surgery, VanDyck took four months of convalescent leave for recovery and physical therapy, he said. He lost hearing in his right ear permanently and had to rebalance his body.

"Even sitting up was difficult," he said. "I would get completely sick and turn pale."

VanDyck completed extensive physical therapy to learn how to walk, sit up and live life independently again.

"I didn't know how amazing the body could be," he said.

Through it all, VanDyck appreciated his first sergeant and the Air Force for allowing his family to be with him.

"I honestly don't know where I would have been if my family was not there," he said. "For the first month I couldn't drive, walk, shower or even live independently."

"I have zero directional

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F-16s integrate with Japanese forces

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Xiomara M. Martinez**
35TH FIGHTER WING PUBLIC AFFAIRS

CHITOSE AIR BASE, Japan — Nearly 95 personnel and six F-16 Fighting Falcons from Misawa Air Base, Japan, soared to Chitose AB, Japan, April 23-27 to participate in an aviation training relocation program.

Misawa AB F-16s, Yokota AB C-130J Super Hercules and Japan Air Self-Defense Force F-15 Eagles, assigned to the 201st and 203rd Tactical Fighter Squadrons, participated in the ATR, strengthening the

U.S.- Japan security alliance and interoperability between both countries.

“I’m excited to be here and have the opportunity to work with the Japanese,” said Capt. Joshua Lemair, 13th Fighter Squadron F-16 instructor pilot. “I had a great time flying with the JASDF while these sorties helped both countries improve throughout the week.”

Throughout the exercise, U.S. Air Force and JASDF members worked together and executed daily sorties, which included basic fighter

See JAPANESE Page 24



Four F-16 Fighting Falcons wait on the flightline April 23 at Chitose Air Base, Japan.

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Denmark, Air Force to share services

**United States Strategic
Command Public Affairs**

COLORADO SPRINGS, Colo. — U.S. Strategic Command entered into an agreement with the Danish Ministry of Defence to share space situational awareness services and information.

The memorandum, signed at the 34th Space Symposium by U.S. Air Force Maj. Gen. Nina M. Armagno, USSTRATCOM director of plans and policy, and Danish Maj. Gen. Agner Rokos, U.S. Central Command director of coalition strategy and plans group, on behalf of the Defence Command Denmark and the Ministry of Defence Denmark, will enhance each nation's awareness within the space domain and increase the safety of their spaceflight operations.

“Cooperation is vital for the U.S. and our allies to maintain effective space situational awareness and for us all to continue to benefit from the critical domain that is space,” said Armagno. “These agreements build our relationships and provide insights to allow us to be more effective in space.”

“For Denmark as an emerging space nation partnerships are highly valuable. The signing of the agreement to share space situational awareness ensures not only information sharing but will further build on the close relationship between USSTRATCOM and the Danish Defence,” said Rokos.

Denmark joins 13 nations – the United Kingdom, South Korea, France, Canada, Italy, Japan, Israel, Spain, Germany, Australia, Belgium, the United Arab Emirates and Norway – two intergovernmental organizations, the European Space

See DENMARK Page 21

Network works to combat veterans’ top claim

Bryan Ripple
88TH AIR BASE WING PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Military service often requires duty in noisy environments that can cause hearing loss and it doesn't just happen during combat operations at deployed locations far from home station.

From flight line operations to firearms qualification ranges, aircraft maintenance back shops, vehicle repair shops, civil engineering shops, or even Air Force Research laboratories where innovative and agile technologies are born, noise brings the potential of hearing loss if proper personal protective hearing equipment is not available or utilized.

“In fact, Veterans Administration records show that auditory conditions such as hearing loss and tinnitus are the number one and number two most prevalent disability claim in the VA,” said Dr. Tanisha Hammill, research coordination branch lead at the Department of Defense Hearing Center of Excellence in San Antonio. “In terms of number of claims, this is the most prevalent injury among our veterans, so there is an obvious need to focus on reducing those injuries among our service members,” she said.

In 2009, the Congressionally mandated HCE was stood up to combat hearing and balance disorders. As part of the HCE, the Collaborative Auditory & Vestibular Research Network, or CAVRN was formed to bring together researchers with an auditory research focus to discuss current research efforts across the DOD and VA enterprises, providing unique opportunities for collaboration, Hammill said.

See CLAIM Page 20

Firefighters combine forces

**Airman 1st Class
Eugene Oliver**
23RD WING PUBLIC AFFAIRS

MOODY AIR FORCE BASE, Ga. — Firefighters from the 23rd Civil Engineer Squadron along with firefighters from the Valdosta Fire Department conducted joint live-fire training, April 24-25 at Moody Air Force Base, Georgia.

The training was geared toward allowing the firefighters to gain more experience fighting aircraft fires and being able to work together and complete their mission while adapting to working with new people.

“We both have the same overall mission which is to put the fire out,” said Tech. Sgt. Andrew Nickeson, 23rd CES assistant chief of operations. “We’re in the business of saving lives and keeping people safe, and that familiarity between us really motivates both fire stations to want to continually improve for the future.”

Evaluators judged the



Firefighters from the Valdosta Fire Department extinguish an aircraft fire during live-fire training, April 24 at Moody Air Force Base, Ga.

firefighters’ ability to work cohesively while also demonstrating that they can safely extinguish a large scale fire.

“We have a mutual aid agreement with the VFD

where if at any time we need their assistance we will call for them and they will bring resources to help us,” said Nickeson. “Getting acclimated to working with each other is crucial because at any

second we could get called to put out a fire together.”

This training is held twice a year so the Airmen and firefighters can continue to nurture and grow their working relationship.

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Little baby, big heart: Sergeant’s kid faces scare

Airman 1st Class Kathryn R.C. Reeves
20TH FIGHTER WING PUBLIC AFFAIRS

SHAW AIR FORCE BASE, S.C. — When Ashley and Tech. Sgt. Ben Mockovciak learned they would soon be parents, they were overwhelmed with the exciting idea of welcoming a healthy, beautiful child into their family.

“It was the best feeling in the world,” said Ashley, tears in her eyes as she remembered the moment she held the positive pregnancy test. “It was just incredible joy. We were like, ‘Maybe this time we can finally have a baby.’”

When Noah James was born months later, the new mother wept with happiness in the hospital room as she held him in her arms with her husband by her side.

“It was pretty amazing,” said Ben, 372nd Training Squadron Detachment 202 F-16 tactical aircraft maintenance instructor. “It was just awesome to see him after all the complications we had in the previous pregnancies. Once he was here, we kind of took a deep breath and everything was good to go. Unfortunately, that was just the beginning.”

Following a short stay in the neonatal intensive care unit, the Mockovciaks were able to take their newborn home shortly before Ben departed to attend noncommissioned officer academy.

“I only got to spend a few hours with him at home, but it was just awesome knowing he was at home with Ashley and they weren’t at the hospital and we



Courtesy photo

Ashley Mockovciak and Tech. Sgt. Ben Mockovciak, 372nd Training Squadron Detachment 202 F-16 tactical aircraft maintenance instructor, lean over their son Noah's bed in February 2017 at a hospital in Charleston, S.C.

got everything handled,” said Ben. “It was a big weight lifted off my shoulders when they were here and comfortable and settled in.”

Though they were overwhelmed with excitement to have their child home, they were also overcome with other emotions.

“Bringing him home after the seven days (in the hospital) was nerve-racking, because it’s different working with

children than it is when you’re the parent,” said Ashley, referencing her time as a child caregiver. “It’s totally different...you’re like, ‘Where do I start?’”

From sudden illness and accidents to their child refusing to eat, the couple worried about the things many parents fear, compounded by Ben’s absence due to training.

“You get full of worry,” Ashley said. “That’s the first thing: fear of failing as a

parent and then worrying. You’re going to worry as a parent forever, because you want to do it right.”

Unfortunately, the Mockovciaks’ fears would soon be realized during an appointment with their son’s pediatrician at Fort Jackson, South Carolina.

“The first person to notice the difference was our doctor,” said Ashley. “She listened to his heart and said, ‘It’s something more than a murmur,’ so she recommended we go to a cardiologist.”

Two weeks later, Noah’s growth began to slow and it became difficult for him to eat.

At approximately 4 a.m. on Jan. 29, 2017, during one of Ben’s weekend trips home from the academy, the couple worked to comfort their crying son, feeding and rocking him in their arms to no avail.

The parents’ nightmare soon became reality.

“(Ben) tried to walk Noah around, comfort him, and it just wasn’t calming him down, so I asked for (Noah),” said Ashley, voice falling to a near whisper as she recalled the night. “Once my husband put him in my arms, he was coughing and he just stopped completely. There was no movement, he wasn’t responsive, so I kept calling his name.”

Calling to the newborn in her arms, she made a horrible realization: Noah was unresponsive.

“I heard her yell, ‘Oh my God, he’s not breathing,’ so I ran into the bedroom

See **BABY** Page 22



U.S. Air Force photo/Linda LaBonte Britt

Air Force Vice Chief of Staff Gen. Stephen W. Wilson, center, and Dr. William Roper, left, assistant secretary of the Air Force for Acquisition, Technology and Logistics, discuss the TechStars Autonomous Technology Accelerator for the Air Force Demo Day April 20 at the Westin Hotel in Boston with John Beatty, executive director of the Massachusetts Military Task Force.

Air Force courts tech startups

Benjamin Newell
66TH AIR BASE GROUP PUBLIC AFFAIRS

BOSTON — An idea that sprang from the minds of four captains at Squadron Officer School led to 10 startup companies pitching their ideas to Air Force Vice Chief of Staff Gen. Stephen W. Wilson, April 20, 2018 in Boston.

The Techstars Autonomous Technology Accelerator for the Air Force Demo Day was packed with potential investors, Airmen, tech sector experts, government employees and small startup companies with ideas of how to improve the Air Force’s drone systems. These ideas included a nanotechnology paint and bonding substance that can block electronic signals, supply chain and logistics tracking tools and high speed, resilient drones that can fly on three rotors, or hit 50 miles per hour.

“We’re going through a period in the globe of massive disruptions in politics, economies, social society and technology,”

said Wilson. “Any one of those would be difficult to keep up with, and we recognize that technology is the one that is fanning the flames in all the others. We want to see what these companies have to offer, and are hoping to work toward being able to access startup ideas quickly, in order to be the disruptors of our adversaries.”

The SOS think tank exercise encouraged small groups to compete to solve problems facing the Air Force. For Capt. Christopher Benson’s SOS group, the challenge was to create an Air Force “X Prize,” based on the public competition that sought to spur innovation in the private sector for space exploration.

“We didn’t think what the Air Force needed was a competition like that, at least to solve the underlying problem,” said Benson, who holds a doctorate in mechanical engineering and technology forecasting from the Massachusetts Institute of Technology. “If your problem is acquiring better systems, we

just wanted to create a way for the Air Force to better access technology that hasn’t made it to market yet. And now, here we are, and we’re hoping that we can build trust in the start-up ecosystem to tap into their creativity without killing them, or making defense contractors out of them.”

Benson witnessed startup lifecycles during his time at MIT, and only knew of one or two that had successfully landed government business. Government funding is seen by startups as either too slow to stabilize them, or too large to foster innovation, according to Warren Katz, Techstars managing director, which worked with the Air Force to mentor the companies and put on the event. The Air Force acquisition community has, as a result, been trying to calibrate the bureaucracy to successfully access startup ideas that are viable in the market without turning the fledgling companies into defense-sector reliant contractors.

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Air Force aims to save \$2B

Debbie Aragon
AIR FORCE INSTALLATION AND MISSION
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JOINT BASE SAN ANTONIO-LACKLAND, Texas — A new acquisition program has the potential to help the Air Force save \$2 billion and make it a more lethal fighting force, the leader who oversees the program said.

The aim of category management is to find efficiencies in large goods and services contracts, said Rich Lombardi, Air Force deputy under secretary for management and deputy chief management officer, during a visit to the Air Force Installation and Mission Support Center April 23 at Joint Base San Antonio-Lackland, Texas.

“With the publishing of the National Defense Strategy, we have a clear understanding of where the department is going and category management clearly is a good fit with the line of effort to reform the department,” Lombardi said. “Which in turn provides the potential to realign resources to increase the lethality and readiness of the joint force.”

Category management is being fielded across the federal government and provides a new acquisition standard by analyzing and managing costs in 10 categories.

Until recently, the Air Force had a goal of saving \$1 billion over five years. Thanks to progress already made in category management, that goal has doubled, explained Brig. Gen.

Cameron Holt, Air Force Installation Contracting Agency commander, whose AFIMSC-subordinate organization executes the program.

“Category management is all about innovation and affordability, and it’s one means to help achieve the secretary of defense’s vision,” he added.

The Air Force’s adoption of the approach began about four years ago.

“(Brig. Gen.) Casey Blake, commander of AFICA at the time, directed his staff to take lessons learned from strategic sourcing and improve and expand upon the successes,” Holt said.

The staff developed a plan that led to the category management concept, which was expanded after Holt approached Lombardi with the idea of implementing it across the Air Force.

“There had been a lot of really great work done, particularly here in (AFIMSC), from the standpoint of facilities, construction and security systems,” said Lombardi, whose office manages business operations across the force.

To build on that momentum, Lombardi discussed the idea with the under secretary of the Air Force, and it wasn’t long before she appointed him as the service’s lead for the initiative.

To date, category managers have been appointed in six of the 10 category areas, which comprise 94 percent of the Air Force’s operational spending.

After appointing category managers for facilities and construction, and security and protection - already in place at AFIMSC - the Air Force appointed information technology, professional services, industrial products and services, and transportation and logistics category managers.

The category management approach is a cultural change for the Air Force, Lombardi said.

“The Air Force is driving a paradigm shift from budget execution to strategic cost management in an effort to obtain maximum value for each precious taxpayer dollar spent,” Holt said.

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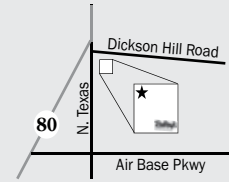
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Travis Airman moves from Juárez, pursues opportunity in US



1) Airman 1st Class Adrián Gómez, 60th Maintenance Squadron precision measurement equipment laboratory technician, calibrates a piece of medical equipment May 2 at Travis Air Force Base, Calif.

1

Airman 1st Class Christian Conrad
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Ask Airman 1st Class Adrián Gómez where his home is and you might get two answers. Gómez moved from Ciudad Juárez, Mexico, to El Paso, Texas, when he was 15, joining the U.S. Air Force at 20. In the time he's been in the service, his dedication has positioned him as a vital member of both his base's mission and, on a larger scale, the immigrant population who have volunteered to take up the title of "Airman."

Gómez is a precision measurement equipment laboratory technician with the 60th Maintenance Squadron, a job well-suited as a bridge between his role in the Air Force and his longer-term pursuit of acquiring a doctorate in nuclear physics.

Back in his Juárez, though, the opportunity to pursue a higher education wasn't an option.

"The main reason (I came to the United States) was that I didn't have the chance of continuing to study in a private school in Mexico," said Gómez. "Since I wasn't able to continue my studies there, my parents saw the chance of sending me to the U.S. so that I could do and choose what I wanted with my life."

In addition to the limitations Gómez experienced academically, living in Juárez, a city where a reported 23,000 homicides occurred in 2016, according to the Council of Foreign Affairs, put him in a near-constant state of danger.

"Growing up in (Juárez), you don't really think about the disorder, injustice and corruption as something irregular or impossible to happen because you see it every day," said Gómez. "Either you live it or you see it in the media. By that, I don't mean the concept of death is normal, but rather, it is an event that happens often. Nobody really realizes how present the violence is until someone in your family suffers from them."

For Gómez, that realization came early in his life when



U.S. Air Force photo/Airman 1st Class Christian Conrad



Courtesy photo

2) Airman 1st Class Adrián Gómez, 60th Maintenance Squadron precision measurement equipment laboratory technician, stands with his supervisor, Tech Sgt. Benjamin Lockwood, 60th MXS Waveform Analysis noncommissioned officer in charge, May 2 at Travis Air Force Base, Calif. 3) Gómez, 60th Maintenance Squadron precision measurement equipment laboratory technician, second from left, stands with his peers during a recognition ceremony hosted by then-Secretary of Education, John King, March 26, 2016, at Bowie High School, El Paso, Texas.

tragedy struck close to home.

"One of the experiences that encapsulates my life in Juárez is the day that a sicario (hitman) murdered my grandfather," said Gómez. "Sadly, that is one of the events that encapsulates my time there. Even if the city has positive things such as warm people, a sense of pride and the fact it's where I grew up, the idea of living in Juárez faded away after that moment."

It wasn't long after that Gómez moved across the U.S.-Mexico border into El Paso. Chasing a brighter future, Gómez, then 15, encountered an entirely new type of barrier to overcome. Having lived in Mexico during his formative years, Gómez's pronunciation of certain English words led to some difficulty when trying to communicate with his peers.

"The fact that I have an accent, a clearly noticeable one at that, has been one of the issues I've had," said Gómez. "The most common circumstance I find whenever I go to a new place is that some people don't recognize or know my accent. This leads to them thinking I'm making fun of them, so they act in a not very gentle way."

According to a report by Human Rights First, hate crimes associated with xenophobia, or the intense or irrational dislike or fear of people from other countries, are on the rise. For Gómez, the instinct some people feel to alienate others represents an opportunity to teach, not hate.

"I don't blame them for their way of thinking because it's just ignorance of other cultures or fear of what's different," said Gómez. "So I've tried sharing my

culture with them. When people come to know each other better and take the time to understand where each other are coming from, that ignorance and way of thinking usually disappears."

In his shop, Gómez experiences similar adversity, though through the lens of a much more accepting populace.

Gómez says those he's met in the Air Force are typically more understanding and open to people of different cultures than those he's met in the civilian world. A correlation that his supervisor, Tech. Sgt. Benjamin Lockwood, 60th MXS waveform analysis non-commissioned officer in charge, attributes to the Air Force's large number of Airmen who have emigrated from other countries.

"The Air Force is a total force," said Lockwood. "We're made up of a lot of different people from a lot of different backgrounds, and that speaks to our strength."

For Lockwood, the Air Force's culture is one that fosters mutual strength, not weakness. It's an ethos Lockwood has worked to nurture in the 60th MXS.

"I can tell sometimes there's a language barrier between (Gómez) and the other Airmen in our shop," said Lockwood. "But they always take the time in understanding what it is Gómez needs and help him in any way they can. I'm proud of the support my Airmen provide for one another and, by extension, the mission."

Despite the perils and sacrifices Gómez has experienced, he said he's hopeful for the future, and he hopes those who are apprehensive in following his footsteps feel emboldened by his experiences and might commit themselves to being everything they wish to be.

"I feel lucky to now have the opportunity to be whatever I want, and that's an opportunity I get to have every day," said Gómez. "Your life is only ever going to be elevated up to the point where you personally raise it to. As cliché as it may sound, the saying still holds true: the sky is the limit."

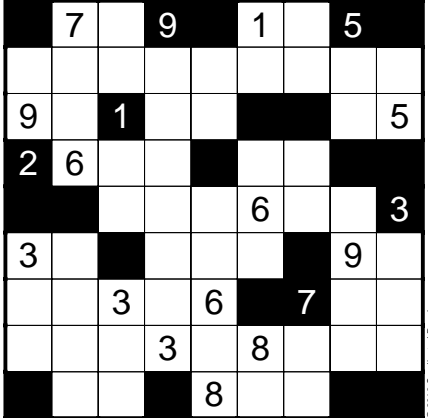
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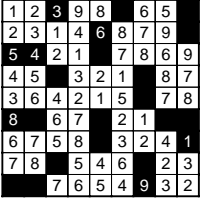
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No. 384 Medium



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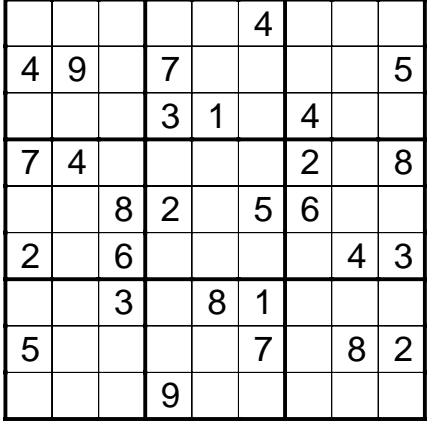
Previous solution - Tough



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.

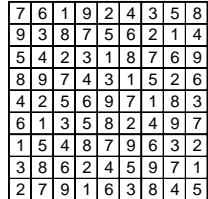
SUDOKU

No. 384 Medium



The solutions will be published here in the next issue.

Previous solution - Easy



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

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News Notes

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/2vDOqna>. For more information, visit <https://www.facebook.com/GoldStarFamiliesRuckMarch>.

60th FSS

Upcoming

Food Truck Fridays. Returns 5-8 p.m. May 11 at the Travis Duck Pond.
UFC 224 fight night. Watch Amanda Nunes vs. Raquel Pennington at 7 p.m. May 12 at Wingman's. All Pay-Per-View events shown at Wingman's are free for members, \$10 for nonmembers. For more information, call 437-4377.
2018 Armed Forces Kids Color Run. 9 a.m. May 19 at the Travis Fitness Center's red track. Register today at www.americaskidsrun.org. Age groups are: Ages 5–6, Ages 7–8 and Ages 9–13. Participants who register will receive a free T-shirt while supplies last. For more information, call 424-5392.
Do or Dye Color Run. 10 a.m. May 19 at the Travis Fitness Center. The first 400 to register will receive a free T-shirt. \$15 registration through May 15, \$20 May 16–19. For more information, call 424-2008.

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.
Capture the Moment Air Force photo contest. Continues through May. Win up to \$400 in gift cards from the Air Force Agency and Arts & Crafts. First, post your photo entry on the Arts & Crafts Facebook Page (using #FreedomPic on the TravisArts&Crafts page). Next, post your photo entry on MyAirforceLife.com (using #FreedomPic). Winners will be notified to determine the dollar amount of their prize. Arts & Crafts is awarding \$25 to \$100 in gift cards and the Air Force is awarding \$200 to \$400 in gift cards. Prizes will be determined in the following categories: Ages 6–8, 9–12, 13–17, adult novice and adult accomplished. For more information, call 424-2929.
Other and recurring events
Karaoke. 8 p.m. May 4 at Wingman's. 437-3227.
Fishing Derby. 8 a.m. May 5 at the Youth Center. 424-5392.
Baby Bounce. 10 a.m. May 7 at the Mitchell Memorial Library. 424-3279.
Pre-K Story Time. 10 a.m. May 8 at the Mitchell Memorial Library. 424-3279.
Steak Night. 4:30 p.m. May 8 at Wingman's. 437-3227.
Bingo Night. 6 p.m. May 8 at the Delta Breeze Club. 437-3711.
Wing Wednesday. 4:30 p.m. May 9 at

In the next week ...

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

Wingman's reopening celebration. 4 p.m. May 4 with First Friday and will include new Wingman's menu samples, wine tasting and great music. Free for members, \$10 for nonmembers. At 4:30 p.m. May 5, free Cinco de Mayo nacho bar coupled with more samples from the new Wingman's menu. For more information, call 437-3227.

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

sat 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>.

Solano Symphony Orchestra annual pops concert. 8 p.m. May 5 at the Downtown Theatre in Fairfield and 3 p.m. May 6 at the Vacaville Performing Arts Theater in Vacaville. Free admission for active-duty military and their families. For more information, visit www.solanosymphony.org/.

Half-Day Buffet. On May 6, stack and snack at the Half-Day Buffet in Wingman's inside the Delta Breeze Club. Every UTA Sunday, enjoy breakfast from 8 to 11 a.m. and/or lunch from 11 a.m. to 1 p.m. for \$12.99. ESM card holders welcome. For more information, call 437-3711.

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

Chapel programs

Upcoming events

Summer Connection Block Party. 3-8 p.m. June 9 at the First Street Chapel.
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/travisafmakerfactory>. 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 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.

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



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

Today

- 6:30 p.m. "Isle of Dogs" (PG-13)
- 9 p.m. "Acirimony" (R)

Saturday

- 6:30 p.m. "Ready Player One" (PG-13)
- 9:30 p.m. "Blockers" (R)

Sunday

- 2 p.m. "Avengers: Infinity War" (PG-13, first run)

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 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."

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 travstopcombatptsd@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://pplform.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 Relations 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 Gitsham at 707-425-0060.

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.

THE FLIP SIDE

Airmen complete FTAC



U.S. Air Force photo/Airman 1st Class Christian Conrad

Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman Ezra Chavez, 60th Civil Engineer Squadron; Airman 1st Class Rick Comps Jr., 60th Maintenance Squadron; Airman 1st Class Jarred D'amico, 22nd Airlift Squadron; Airman 1st Class Margaret Dunwoody, 60th Communications Squadron; Airman 1st Class Rashawn Fults-Taylor, 60th Security Forces Squadron; Airman Basic Sydney Helme, 21st AS; Airman Basic Dacia Isaac, 517th Training Group; Airman 1st Class Cody Jacobson, 60th Aerial Port Squadron; Airman 1st Class Luis Jirau Jimenez, 60th MXS; Airman 1st Class Derek Lau, 60th Air Refueling Squadron; Airman 1st Class Deniece Lobban, 21st AS; Airman 1st Class Jason Martinez, 60th CES; Airman Basic Ivan Rodriguez, 60th MXS; Airman 1st Class Ronald Simmons, 60th FSS; Airman 1st Class Antonio Verones, 60th CES; Airman 1st Class Ernest Washington, 821st Contingency Response Support Squadron; and Airman 1st Class Sean Zeppieri, 660th Aircraft Maintenance Squadron.

Retiree Corner

Volunteer for Travis Retiree Activities Office

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 Public Affairs



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Claim

From Page 11

Annual CAVRN meetings are held at federal facilities and are hosted by member organizations and this year, the annual meeting was held April 24-26 and was hosted by the 711th Human Performance Wing's Airman Systems Directorate, Warfighter Interface Division, Battlespace Acoustics Branch; the United States Air Force School of Aerospace Medicine

and the Naval Medical Research Unit – Dayton.

Brig. Gen. Mark Koeniger, 711th HPW commander, welcomed the CAVRN meeting attendees and cited numerous opportunities for collaboration with the 711 HPW.

“As you go forward, the Human Performance Wing wants to be part of what you all do to help Soldiers, Sailors, Airmen, and Marines maintain their hearing so that hopefully in the future, hearing loss ceases to be the number one disability.

“The Air Force Chief of Staff's focus areas converge on a singular vision – to create healthy squadrons full of resilient and credible warfighters primed to excel in multi-domain warfare,” he told them. “Certainly, nobody can do their job, or at least they would have a very difficult time doing their job if they couldn't hear well.”

Hearing is a critical sense and is required for all service members to effectively communicate within dynamic and often chaotic environments.

“The ability to hear and communicate is critical to the safety of each warrior and their unit, and is central to command and control, and mission accomplishment,” Hammill said.

The CAVRN aims to foster knowledge sharing and facilitate greater communication, coordination, awareness, and transparency between community members.

“The CAVRN promotes collaboration, translation, and best practices that influence auditory-vestibular readiness, care,

and quality of life for warfighters and veterans,” added Hammill.

Hammill stated that as she toured the 711 HPW, she thought about all the tremendous crossover opportunities between auditory research and so many other disciplines within human performance. “We are a very interdisciplinary team and that's a big part of our growth – to discover and reach out to these other teams who are somehow focused on auditory or balance disorders,” she said.

Brace shop

From Page 3

a wide range of braces, including ankle and foot orthotics, cranial reshaping helmets for infants and dynamic ligament braces.

Vanderhoef, a native of Boise, Idaho, and one of two certified orthotists in the Air Force, said his clinic can design nearly any device a patient needs from head to toe.

“Our clinic has the ability to make custom fabricated orthotics to assist patients with whatever they need,” he

said. “We are able to design and fabricate devices that will enable patients to have increased motion, we can design braces to immobilize specific joints to enhance stabilization or promote faster healing. We can provide braces to support patients after spinal surgery and we've even made shoes for diabetic patients. We can create almost any type of orthotic device in order to meet a patient's specific needs.”

According to the DGMCC website, the facility provides services for more than 400,000 people. Vanderhoef said he hopes more people seek the care his team provides in the brace shop.

“Our goal is to provide the best care for our patients and here at DGMCC, we can likely provide a better patient experience than other places,” he said. “In our brace shop, we cast each patient, fabricate the brace they need and do our best to avoid those patients having to go off-base to receive services. It really is one-stop shopping.”

The brace shop sees between 10 and 20 patients a day. To be fitted for a custom brace, patients must first be referred to the clinic by their primary care manager or a specialist, such as a podiatrist or an orthopedist.

Denmark

From Page 10

Agency and the European Organization for the Exploitation of Meteorological Satellites, and over 65 commercial satellite owner/operator/launchers already participating in SSA data-sharing agreements with USSTRATCOM.

“As more space capabilities are launched worldwide and the number of people benefiting from the use of those systems grows, it is in all of our interests to work together to ensure the security, safety and sustainability of space,” said Armagno.

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Ordinances

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Adult Bible Class

Youth Bible Class (ages 12-18)

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Ordinance

Every 2nd Sunday (Communion)

Bible Study

Tuesday Noon Teaching - 12:00 Noon

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6:00 PM

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Langell

From Page 2

on both the actions of our predecessors and of ourselves.

We see this internally when a new commander takes control of a unit. The initial trust granted to that commander is based on the level of performance and trust earned by his or her predecessors. The preconditions established by the previous commanders creates the baseline level of trust that the new commander will either build upon or lose through the level of reciprocal trust they engender through their actions.

Associative trust is an incredibly powerful and lasting form of trust. It is the looking glass through which the nation we serve views us as a whole.

Many of us have seen the impact of associative trust when a uniformed Airman receives a standing applause and sincere gestures of gratitude for their service by the public when boarding a commercial airplane. These gestures of respect are based on foundational associative trust. Except in

rare instances, the Airman receiving the accolades and his or her individual accomplishments are unknown to the public. Instead, they are receiving the gratitude earned through the actions of a long history of Airmen inspired by our core values who have served before us.

What we must never forget is that although we benefit from associative trust due to the actions of others, our every action may contribute to earning and shaping the associative trust granted to future Airmen. Each time one of us does something positive, whether it is an act of heroism in battle, volunteering in the community or helping others in need, it increases the value of our associative trust and how the public perceives American Airmen.

And each time an Airman fails to live by our core values either on duty or in their private lives, it can diminish the associative trust we are all granted.

As servants to the nation, the public doesn't differentiate between what we do in or out of uniform. As American Airmen, we are always in our nation's

Japanese

From Page 10

maneuvers and defensive counter air mission sets.

Not only did the 35th Maintenance Group and 35th Operations Group participate in the Chitose ATR, but the 35th Security Forces Squadron, 35th Logistics Readiness Squadron and 35th Medical Group also had a hand in the exercise.

"I feel honored to be a part of this training mission," said Staff Sgt. Craig Piazza, 35th SFS base defense operations controller. "Being one of the

first defenders to come out here and watch the ATR unfold was exciting. Having our guys out here working together is a good opportunity to network and strengthen our ties among Misawa Airmen and our counterparts."

For more than 50 years, the U.S.-Japan security alliance has served as the cornerstone of peace and security in the Indo-Pacific region. The Chitose AB ATR is just another example of the strong bonds the two nations share in their partnership.

"This operation is significant because it's critical to mission safety," said Lemair.



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Financial

From Page 6

Senior Airman Ruben Ruiz, an aerial porter with the 921st Contingency Response Squadron attended the course with his wife, Savannah. Applying skills they learned in the class, they've paid off three credit cards and today, the only debt they have is a car payment.

"Going to financial peace helped us structure our money," said Ruben. "Now every dollar has somewhere to go. Before that, we just paid our bills and often found ourselves left with about \$800, which we spent. A few days later, we would realize we had to pay other things and didn't have the money to do that. That led to us relying on our credit cards and continuing to go backwards."

"Financial peace taught us how to reserve our money, plan on how to spend it and hold one another accountable," he said. "That was tremendously helpful for me because my parents never really taught me how to properly manage my finances and make it grow. After the course, our relationship has also improved because we argue less. Whenever I get paid, we talk about it, come up with the plan and stick with it."

Changing how she viewed money was a critical step, said Savannah.

"The mental aspect of it was the biggest thing for me," she said. "If you don't change your mindset on how you look at money, you wouldn't make any progress. For me, growing up, I always thought I could borrow money because I saw my mother do that. I would think, 'I deserve this because I worked hard.' The class taught me that if you can't pay for it with your own money, you don't deserve

it. You don't deserve it simply because you can swipe a credit card and get it. That changed things drastically for us."

Ruben and Savannah met in October 2011 during their sophomore year of high school and married about a year after graduation. On December 21, 2014, they welcomed their first child, Uriah, into the world. In November 2015, they moved to Travis and their second child, Julian, was born on March 30, 2016.

A family of four living on what was an airman first class' salary at the time wasn't easy.

"We didn't have much after the bills were paid," said Savannah. "We maxed out all three of our credit cards and at one point, accumulated nearly \$16,000 in debt."

Savannah took short-term jobs working nights and weekends at Six Flags in Vallejo, California, or at a Subway restaurant to help out. During the day, she took care of her children and earned some additional funds through babysitting, which she put toward paying off the family's credit cards.

One financial management tip Savannah said she learned during the class that has helped her and her family is the envelope system.

"I separate everything I can pay for in cash into separate envelopes," she said. "I have an envelope for food, groceries, gifts, dining out, entertainment, family outings; all of that."

It's such a great feeling paying for things in cash, she added.

"When you pay for something with a credit card, you're happy you got something, but you're likely thinking, 'I'm going to be paying on this thing for awhile.' The feeling of paying for something in cash after budgeting for it is such a great feeling."

Getting people to understand

the impact of purchasing things with credit is a major focal point of the course, said Jans.

"So many people live their lives as if living on credit is something they'll always have," he said. "It's so easy for them to buy a car with credit or buy pizza on Friday night with a credit card. But credit cards and credit accounts accrue interest and interest compounds. If someone used credit to buy pizza every Friday night and they don't pay off their balance at the end of the month, that makes for some very expensive pizza."

Bellows admits that he at one time, was one of those people.

"I was using credit cards as

if it was my own cash and it's not," he said. "Someone else was loaning me that money with interest and I wasn't thinking of it in that way. The financial peace course helped clarify something for me: if you don't have any money, you don't have any money."

During the course, as people paid off credit cards, they would bring those cards to the next session and participate in a card cutting ceremony. Nearly a dozen cards were sliced up by the end of the course with one family chopping up five.

Looking back, Jans and Bellows are happy they were a part of so much success.

"I get so excited when people realize they don't have to live life burdened by debt," said Jans. "Being financially free brings so much peace."

"It's great to be part of anyone's success," said Bellows. "You can measure money, so it's great to be able to quantify things and realize the impact we helped make. Helping someone who was burdened by debt to now being debt-free is an incredible feeling. I know how it feels to have that weight lifted off your shoulders. There's few things better than seeing amount due on a bill and seeing nothing but zeros because it's paid in full."

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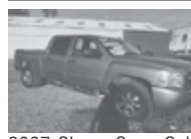


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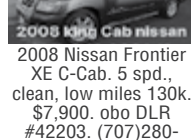
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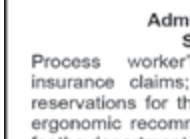
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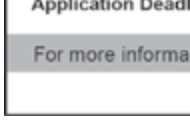
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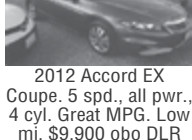
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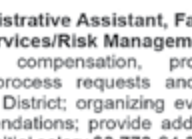
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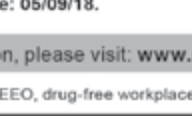
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Tailwind (Friday).....Wednesday 5:00pm
Faxed Ads.....2 hours earlier than above deadline

Where To Find An Ad

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200 - Real Estate	600 - Merchandise
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400 - Bus. Op. & Financial	800 - Automotive

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1) Students from Vanden High School in Fairfield, Calif., don firefighter equipment April 19 at Travis Air Force Base, Calif. Travis hosted Junior Reserve Officer Training Corps students from six high schools in Northern California. Students learned about various career fields in the U.S. Air Force, gained firsthand experience through several interactive display booths and had the opportunity to talk with personnel about military life.



STUDENTS ... get closer look at life in Air Force

U.S. Air Force photos by Heide Couch



2) A student from Fairfield High School in Fairfield, Calif., tries on a pair of Alcohol Impairment Simulation Goggles April 19 at Travis Air Force Base, Calif. 3) Students are elevated by a 60th Logistics Readiness Squadron R-12 fuel truck April 19 at Travis Air Force Base. 4) Staff Sgt. Jonathan Estrada, Senior Airman Jordan Hrkach and military working dog Benni, 60th Security Forces Squadron, conduct an agitation demonstration April 19 at Travis.



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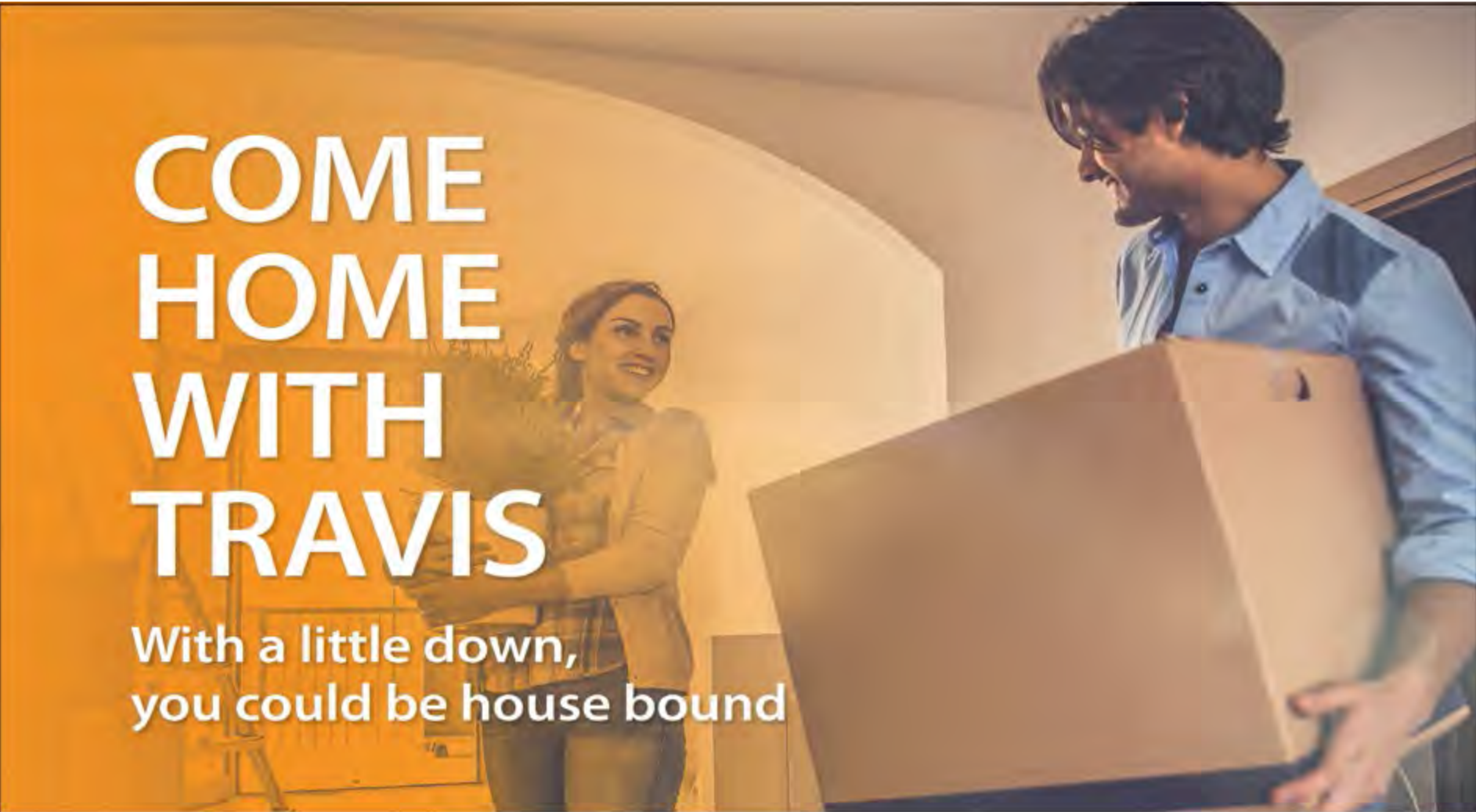


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* Incentive is available on the purchase of any DeNova home listed here and can be used toward non-recurring closing costs or design center upgrades only. Incentive valid only upon close of escrow of an approved DeNova home and cannot be applied to purchase price. Incentive is valid up to 90 days from the date of registration and cannot be used with any other promotions. Some homes may be exempt from the incentive. Please see an on-site Sales Representative for details. Any Incentives are only valid with use of DeNova Homes Preferred Lender, DeNova Home Sales, the licensed broker (BRE #01247582), and DeNova Homes maintain the sole discretion to create, modify and/or enforce the DeNova Homes' sales process, and reserves the right to modify this process at any time without any notice or obligation to any party. Approximate square footage. Prices, materials and specifications are subject to change without notice or liability. Sales and marketing by DeNova Home Sales. Equal Housing Opportunity. 



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