



MOTHER

... balances service, parenthood

PAGES 14-15



Be ready for your tap on the shoulder

One of the most inspiring quotes I've read is from Winston Churchill.

He said, "To each, there comes in their lifetime a special moment when they are figuratively tapped on the shoulder and offered the chance to do a very special thing... what a tragedy if that moment finds them unprepared for that which could have been their finest hour."

That has stuck with me as a reminder to never stop learning and to glean all I can from each job, position or opportunity I'm given (or simply find myself) in an effort to be more prepared. Prepared for what? I'm



Commentary by Maj. Chad Murray
60TH MAINTENANCE OPERATIONS

not sure. But that's the point, to be prepared as best I can for whatever opportunity is on the horizon.

Unfortunately, there is no warning or disclaimer about our next position, that it is "what we were meant for", our "opportunity for greatness"... that it'll be the "most consequential position we'll ever hold." So, we have to be ready. Thankfully, this is one area in which the

Air Force does a good job, giving us a variety of experiences and opportunities to learn from and help us prepare ourselves.

Like most active duty members, I've moved jobs often. It usually happens just when I

Commander's Commentary

feel like I know what I'm doing. Needless to say, it's frustrating, but I've started to see that each position has offered me a chance to learn, grow and prepare.

Gen. Darren McDew, the former U.S. Transportation Command commander, gave an interview before he retired. In it, he talked about all of his previous assignments and how, at the time, they didn't make sense for him to be doing such seemingly unrelated jobs. But in his role as commander, he used every one of those skill sets. As he said in the interview, "I was built to be here, now."

What an awesome thing to be able to say. All of his assignments, all of his training, all of his variety of experiences had prepared him for that position.

I was recently afforded the opportunity to lead a fantastic organization, Maintenance Operations, part of the 60th Maintenance Group. I recognize this is an opportunity to help an already successful unit achieve even greater heights. It is also an opportunity for me to learn and prepare just like other jobs and experiences I've had. In my short time here, I've learned a ton from the hard-working professionals I'm lucky enough to be around every day, and I know I will continue to learn from them until I'm forced to leave this incredible team. My hope is to help others here

prepare for their next position so we all come out of this more ready for what lies on the horizon.

To be clear, I'm not saying I belong in the same sentence as McDew or Churchill - not by a long shot. I've simply done my best to heed their advice - learn all I can from the situation I'm in to better prepare myself. No matter the position or experience, there's always something we can glean for "future reference". The Air Force will continue to provide us with many, many different jobs and opportunities from which to learn; it is our responsibility to use these to ready ourselves. This is the only way to ensure that when we receive our 'tap on the shoulder', we are prepared for our finest hour.



Commentary by Senior Master Sgt. Edith Smith
60TH MAINTENANCE GROUP

Work to take pride in being an Airman

I've had the pleasure of working with great Airmen during my career, and nothing makes me more proud than to work beside them.

Although I've moved to different places and met different people, the ones I remember were the Airmen who took pride in themselves and their work. They gave their best no matter how minute or medial a task, and that spoke more to me about them than anything they could have said. They took pride in

Enlisted Commentary

what they did. But what is pride?

To me, pride is actions. If you're proud about something you care for it and you try to make it better. If your truck is your pride and joy, you take care of it. If you're proud of your child, you boast about him or her.

A few years back, I was lucky enough to go through the marine academy advanced course, our

Senior Non-Commissioned Officer Academy equivalent, and I learned to view what we do and how we serve with different eyes.

At one point during the course, I was posed a simple question: "What do you do?" Without hesitation I started to answer that question by telling the instructor what my job was, with as little jargon as I could.

After finishing my explanation and feeling pretty satisfied, the instructor looked at me and the rest of the class and said, "You know,

that's the difference between our two services. I ask you what you do and you answer with what your job is. If you ask any Marine what they do, the answer is always the same: 'I'm a Marine.'"

The mere pride of saying "I'm a Marine" rang with fulfillment, self-respect and honor. From then on, I've had a different attitude about serving because it's not just about what our jobs are, it's how you present yourself and truly strive to

See SMITH Page 23

Male survivors speak at Scott

Senior Airman Tara Stetler
375TH AIR MOBILITY WING PUBLIC AFFAIRS

SCOTT AIR FORCE BASE, Ill. — "The way you respond to a guy could save his life," said Steve LePore, founder of 1in6, as he spoke to a group of Airmen at the Scott Event Center at Scott Air Force Base, Illinois, about the stigmas facing male survivors of sexual assault.

"If we don't believe a guy, if we question (his assault), if we minimize it, if we do anything other than just say 'I believe you and I care about you,' we run the risk of them recoiling," said LePore.

LePore founded the 1in6 organization in 2007 after recognizing that there were few services dedicated solely to male survivors of sexual assault and abuse. These survivors face unique societal barriers in reporting their traumas.

1in6's name draws attention to the fact that one in six men have suffered sexual assault in their lives, and it's the only professionally staffed national organization that focuses on male survivors.

Scott AFB's Sexual Assault and Prevention and Response team invited LePore to speak to Airmen on Oct. 29.

"It's a one-in-six affliction, so you think about how many male service members are flying under the radar," said 1st Lt. Thomas Berezansky, 375th



U.S. Air Force photo/Senior Airman Tara Stetler

Anthony Edwards, an actor best known for "ER" and "Top Gun," as well as a 1in6 organization board member, visits Oct. 29 to Scott Air Force Base, Ill., to discuss 1in6's work in fighting societal barriers that keep male sexual assault survivors from reporting.

Air Mobility Wing deputy sexual assault response coordinator. "It's important to realize that, at the end of the day, people make the mission, and we need to take care of them."

Anthony Edwards, "Top Gun" and "ER" actor and 1in6 board member, was also there to share his story.

Edwards said it's important to visit military bases because the military has led the national sexual assault prevention effort.

"We know that when people have unprocessed trauma, they don't function well," said Edwards. "(Airmen) are in a situation in which people's interactions and relationships are based on trust and being able to function together, so the need is great to have the highest functioning, healthiest force."

LePore and Edwards spoke as both advocates and survivors when discussing the barriers men face in reporting

assault or abuse. They emphasized the courage necessary to overcome these barriers.

"We've carried the experience for years by ourselves because we're so fearful of other people knowing," said LePore. "It's like the first time you jump out of a plane; the first time you load a gun and shoot it; the first time you're promoted. There's all of this anxiety and fear, so the effort it takes to come forward is Herculean."

Once the structure was completed, the dental staff worked 12-hour shifts for a week moving furniture and medical

Dental clinic still serving up smiles

Merrie Schilter-Lowe
60TH AIR MOBILITY WING PUBLIC AFFAIRS

John Palaganas, 60th Dental Squadron, was one of 10 dental technicians to pack up the dental clinic 30 years ago and move it to its current location at 101 Bodin Circle, Travis Air Force Base.

In October 1988, the David Grant USAF Medical Center moved from building 381 to a state-of-the-art facility located in the northwest portion of the base. Although most of the public's attention centered on the medical center, the new dental clinic also was a far cry from the previous facility.

"We used to be in three or four trailers across from the (shoppette) gas station," said Palaganas. "That area is all trees now. We had 10 people crammed in that space so we worked pretty much shoulder-to-shoulder. Our NCO in charge didn't even have an office, just a desk in the corner."

Once the structure was completed, the dental staff worked 12-hour shifts for a week moving furniture and medical

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Tailwind



Travis AFB, Calif.
60th Air Mobility Wing

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60th Air Mobility Wing commander

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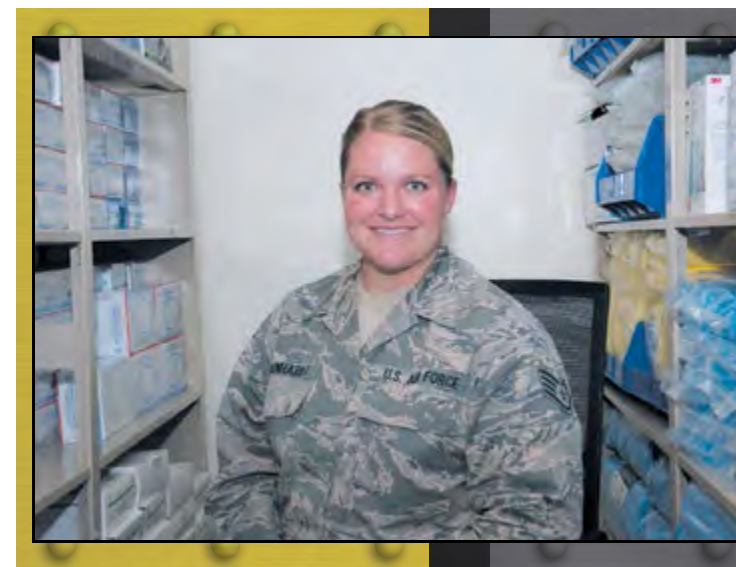
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On the cover

Staff Sgt. Amanda Scheer, 60th Contracting Squadron contracting specialist, and her daughter, Paisley, sit for a photo Aug. 20, 2017, in Vallejo, Calif. Scheer is a single mother and has served in the Air Force for six years.

Courtesy photo/Valerie Ozella



U.S. Air Force photo/Lan Kim

WARRIOR OF THE WEEK

Name: Staff Sgt. Justine Reinhardt.	Hometown: Coeur d'Alene, Idaho.	What are your goals? Complete 20-plus years of service.
Unit: 60th Dental Squadron.	Time in service: Nine years.	What are your hobbies? Hiking.
Duty title: NCO in charge of dental education and training.	Family: One daughter, Kacie; and one son, Keegan.	What is your greatest achievement? Being a mom.



U.S. Air Force photo/Airman 1st Class Kelly Walker

Civil engineering Airmen from the 23rd Civil Engineer Squadron, Moody Air Force Base, Ga., dig trenches through tent city for laying more permanent high-voltage power lines Oct. 28 at Tyndall Air Force Base, Fla.

Tyndall rebuilds after hurricane

Tech. Sgt. Rachelle Blake

325TH FIGHTER WING PUBLIC AFFAIRS

TYNDALL AIR FORCE BASE, Fla. — When Hurricane Michael approached Tyndall Air Force Base, Florida, last month, Col. Brian Laidlaw, 325th Fighter Wing commander, released an evacuation order in an effort to keep the base's most important assets, its people, safe.

With exception of the ride-out team, comprised of nearly 100 Tyndall AFB members, everyone left. Among the mix of those remaining were first responders, base leadership and command post personnel.

The base was devastated Oct. 10 when the hurricane made landfall after upgrading from a Category 2 to a

Category 4 overnight.

The initial assessment of the aftermath was bleak, but in the weeks since, the outlook has taken a turn for the better. The base has built back up to more than 2,000 personnel with nearly half on the ground originally from Tyndall AFB. Though many Airmen from across the country are contributing to the cleanup and reconstruction efforts, Soldiers, Sailors, government civilians and contractors have offered their assistance and expertise and continue to work toward rebuilding the base.

Air Force leadership, along with Tyndall leadership, quickly reacted after the storm to determine which missions would remain at Tyndall AFB and

which would move to other locations.

The secretary of the Air Force announced Nov. 2 that a number of important missions will resume at Tyndall AFB in the next few months and others will shift to other locations for the time being. All but approximately 500 Airmen will return to the Florida panhandle.

"We are focused on taking care of our Airmen and their families and ensuring the resumption of operations. These decisions were important first steps to provide stability and certainty," said Secretary of the Air Force Heather Wilson. "We're working hard to return their lives to normalcy as quickly as possible."

Wilson said the units that will remain at Tyndall AFB

include the 601st Air Force Operations Center, the 337th Air Control Squadron, the Air Force Medical Agency Support team, Air Force Office of Special Investigations, the 53rd Air-to-Air Weapons Evaluation Group, the Air Force Legal Operations Agency, the 823rd Red Horse Squadron, Detachment 1 and the Air Force Civil Engineer Center.

"The announcement that the secretary of the Air force made ... became a forcing function for some of our timelines and how we prioritize our recourses," Laidlaw said. "Based on those timelines, we would like to have the mission support group and the medical group up and running in December."

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Classes aim to improve health

Civilian Health Promotion Services

It's that time of year when extra calories lurk around every corner – cookies at the office, eggnog at your neighbor's holiday party or gifts of chocolates and candy.

All these extras add up, and if you're like most Americans, you'll put on a pound or two by New Year's Day.

Travis Civilian Health Promotion Services is offering Healthy for the Holidays, an opportunity to learn how you and your family can eat, drink and move your way to a healthier holiday season before those visions of sugar plums go to your waistline.

Some topics covered will include:

- Strategies to avoid holiday weight gain and lessen holiday stress.
- Discuss ways to eat better and stay active during the holiday season.
- Provide helpful tips for recipe substitutions.

Although the holidays are usually packed with activities and comfort foods, maintaining your health doesn't have to take last priority.

Make sure you stay well during this holiday season by learning more with Travis CHPS' Healthy for the Holidays next month:

- 11 a.m. Dec. 7, FD1, Bldg 38, Training Rm
- 1 p.m. Dec. 11 MXS, Bldg 803, Conference Rm
- Noon Dec. 18 Contracting, Bldg 549, 1st Floor, Conference Rm

No need to sign up for the class, just walk in.

For questions, please contact Travis CHPS at: 707-424-CHPS or CHPSTravis@foh.hhs.gov.



U.S. Air National Guard photo/David Bedard

Airmen assigned to the 176th Wing load boxes containing prescription drugs onto a 211th Rescue Squadron HC-130J Combat King II Nov. 6 at Joint Base Elmendorf-Richardson, Alaska, for transport to Spokane, Wash.

Agencies work together in prescription drug disposal

Senior Airman Ryan Lackey

92ND AIR REFUELING WING PUBLIC AFFAIRS

FAIRCHILD AIR FORCE BASE, Wash. — Team Fairchild Airmen and Alaska Air National Guardsmen assisted the U.S. Drug Enforcement Agency in the secure transport of more than two tons of surrendered prescription medications from Anchorage to Fairchild Air Force Base.

The National Prescription Drug Take Back Program was created by the DEA to help prevent medication abuse by facilitating the safe disposal of expired and unneeded medications from individuals and drug-handling facilities.

Every state has a DEA-backed program that biannually collects surrendered medications and disposes of them. After the most recent NP-DTP event on Oct. 27, the Alaska DEA hit a snag disposing of more than two tons of medication, prompting the Alaska Air National Guard and Fairchild AFB to provide support.

"The Anchorage DEA office worked with many local law enforcement officers to help collect old medications," said Chief Master Sgt. Bryan Morberg, AK Army National Guard counterdrug investigative case analyst.

"However, the contractor previously used to destroy the medication was no longer available, which posed a problem for disposal."

The Spokane DEA was the

next closest location that could take possession of the medication for proper disposal, but with more than 1,000 miles between the two locations, transportation was another hurdle to overcome.

More than 4,000 pounds of cargo was deemed too costly to securely ship by commercial carriers, so the Alaska ANG offered to assist the DEA transport the medications. The 176th Wing's 211th Rescue Squadron was already scheduled for a training mission to Fairchild AFB on a HC-130J Combat King II aircraft, and arranged to alter the mission to bring cargo along.

"Team Fairchild was contacted by the Spokane DEA with a request to assist in receiving and transporting the cargo," said Mike Dery, 92nd ARW installation deployment officer. "It was a coordinated effort between the DEA, the 176th Wing Airmen, the 211th Rescue Squadron crew and Fairchild Airmen that made this happen."

The 211th's C-130 landed here Nov. 6, Team Fairchild Airmen received the cargo, loaded it onto secure transports, and moved it to a local incinerator under the supervision of DEA agents.

"We'd like to reduce the impact of drug problems in our state, and we can do that with the agencies that we're afforded the opportunity to partner with," said 1st Lt. Kimberly Conkling, AKANG Counterdrug Support program coordinator.

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Exchange expands layaway program for holiday season

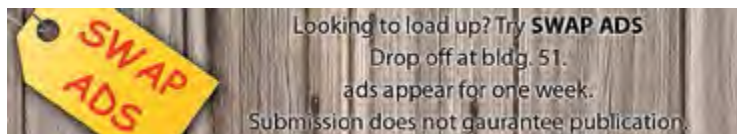
Lorraine Harris-Ortega
 ARMY & AIR FORCE EXCHANGE SERVICE
 PUBLIC AFFAIRS

The Travis Air Force Base Exchange is helping our military service members and their families stick to a holiday shopping budget by expanding its layaway program to include computers and laptops.

From now until Dec. 15, military shoppers can use the Travis Air Force Base Exchange's fee-free holiday layaway for computers, notebooks, tablets and iPads - items that are not typically

eligible for the program. "Laptops and notebooks are often at the top of loved ones' wish lists," said Flor Payton Travis Air Force Base Exchange's general manager. "The Travis Air Force Base Exchange's expanded layaway program keeps budgets in check and safely hides gifts from prying eyes."

A 15 percent deposit is required to hold items. Electronics must be paid for and picked up by Dec. 15. Shoppers can visit customer service for complete details.



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Post-9/11 GI Bill Policy changes for transfers

Staff Sgt. Mercedes Taylor
 19TH AIRLIFT WING PUBLIC AFFAIRS

LITTLE ROCK AIR FORCE BASE, Ark. — Additional changes to the Post-9/11 GI Bill Transfer of Benefits policy were announced Nov. 14.

The Department of Defense postponed their previous effective date of July 12, 2018, to July 12, 2019. Since the policy change was effective immediately, service members who were previously eligible found themselves ineligible to transfer their benefits. To ensure issues were addressed fairly, the effective date was pushed back a year.

The previous policy stated members separating under force-shaping before completing the required four years would keep their eligibility to transfer their benefits. This was expanded to include officers who were involuntarily separated due to being passed over for promotions and

enlisted personnel separating under high-year tenure policies. The only exception is Airmen separating at high-year tenure following reduction in rank through administrative demotion, non-judicial punishment or court martial.

"Being able to transfer benefits was used as a retention tool," said Michael Jones, 19th Force Support Squadron education services specialist. "It's important for Airmen to know what they want to do with their career as soon as they can. If Airmen aren't looking to stay in for 20 years and they want to transfer their benefits, they should apply at their six-year mark."

When the policy was first announced in June, it stated the requirement of having at least 10 years of active-duty or selected Reserve service would be suspended. Service members would incur four additional years of service once they

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HOLD ONTO YOUR DREAMS

The Mia bedroom collection blends the beauty of classic design with quality craftsmanship.



Capt. Christopher Long, 315th Airlift Wing officer in charge of accessories, listens to a radio transmission during a readiness exercise Nov. 16 at Joint Base Charleston, S.C. To keep the training as realistic as possible, participants from across JB Charleston received the equipment, weapons and specialty uniform items they would use in real-world situations.

Exercise tests base's readiness

**Airman 1st Class
Joshua R. Maund**

JOINT BASE CHARLESTON PUBLIC AFFAIRS

JOINT BASE CHARLESTON, S.C. — Approximately 600 Airmen from the 628th Air Base Wing, 437th Airlift Wing and 315th Airlift Wing teamed up for a total force rapid mobility exercise Nov. 13-17.

The exercise focused on total force readiness, mobilization, base defense and quick-response airlift capabilities, according to Col. Rockie Wilson, 628th Mission Support Group commander and leader of one of the exercise's simulated air expeditionary groups.

"Based upon today's global climate, we have to be able to prepare, mobilize and deploy our forces on a large scale to respond anywhere in the world," said Wilson. "Instead

of deploying individually to support counterinsurgency operations as we have done for the past 15-20 years, this is a large scale, full-spectrum readiness response exercise."

To keep the training as realistic as possible, participants from across JB Charleston received the equipment, weapons and specialty uniform items they would use in real-world situations. The simulated scenarios enabled senior base leaders and subject matter experts to ensure the readiness of JB Charleston's quick response capabilities and analyze ways to maximize their effectiveness.

"Practicing these types of plans is extremely important to make sure we are constantly trained and ready to go," said Tech. Sgt. John Christopher, 628th Civil Engineer Squadron

structural NCO in charge and exercise participant. "It has also given us an opportunity to logistically see how long it would take us to mobilize and gives us a chance see how our plans and processes can become more efficient.

"As NCOs, the more knowledge we can pass down to our younger Airmen, the better prepared we will be as a fighting force for the future," he added.

Conducting exercises with the incorporation of the reserve element helps ensure continuity between components. The result is an effective total force that is able deliver mobility in a timely manner with minimal setbacks.

"Being able to test and demonstrate our abilities as a total force is definitely a step in the right direction," said Col.

Steve Lanier, 315th Operations Group commander and exercise air expeditionary group commander. "This allowed us to sharpen our abilities and strengthen our confidence in order to complete any mission."

After the long week of planning and execution, the base and its leaders learned a lot about their force. Many units pulled 12-hour shifts in order to complete their missions.

"I'm proud of what we have accomplished during the training," said Wilson. "The fact that all three wings came together and performed at the level that they have is a win in and of itself. The Airmen in all three wings did a great job executing the duties that they were tasked with and I look forward to more opportunities like this in the future."

Chief of Staff of the Air Force General David L. Goldfein launched the revitalizing the squadron efforts to improve the

Canadian, US air forces work together

**Secretary of the
Air Force Public Affairs**

PENTAGON, Va. — The Air Force's Revitalizing Squadrons team recently joined together with their Royal Canadian Air Force, counterparts in Ottawa, Ontario, Canada, to collaborate and share best practices in their respective missions to strengthen squadrons across both Air Forces.

"I'm pleased to have met with our allies in the United States Air Force to discuss how they are also approaching the revitalization of their squadrons and to have shared our own work with them," said Lieutenant-General Al Meininger, RCAF commander. "I look forward to continuing our work with them as well as strengthening our own squadrons through retention, training and the continued support of our personnel."

While each of the Air Forces has their own unique challenges, the two share numerous similarities, notably the vision and passion of their senior leaders to continually improve their respective squadron cultures to increase readiness and capability for the future fight.

"Having worked in operational squadrons for years, I know first-hand the drive and dedication of our aviators. They are the lifeblood of the RCAF and the RCAF can only be successful in the delivery of modern air and space power if we have well-led, robust, healthy and inclusive squadrons. For that reason, I've made the squadron the focal point of my commander's NAVAIDS (talking points) as that is the point where all our efforts come together into action," said Meininger.

Chief of Staff of the Air Force General David L. Goldfein launched the revitalizing the squadron efforts to improve the

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Master Sgt. Christopher Joyce, 56th Air Refueling Squadron boom operator, examines a new boom pod bed Nov. 20 at Altus Air Force Base, Okla. The new boom pod was the winning idea on the Air Force Spark Tank and will be added into every KC-135 Stratotanker.

Innovation eases use of trainers

**Airman 1st Class
Jeremy Wentworth**

97TH AIR MOBILITY WING PUBLIC AFFAIRS

ALTUS AIR FORCE BASE, Okla. — Positioned next to every KC-135 Stratotanker boom operator in training is an instructor lying on a pad in the boom pod guiding them through training.

These beds and platforms are positioned in a way to provide a vantage point over what the students are doing, but not without cost.

That cost was highlighted by Master Sgt. Bartek Bachleda, a 22nd Refueling Wing boom instructor at McConnell Air Force Base, Kansas, while he was stationed at the 97th Air Mobility Wing as an instructor.

During a meeting with leadership, Bachleda made the issues facing the squadron clear to his command.

"Our commander came down and asked if there were any issues going on within the squadron," said Bachleda. "I brought up the neck and back issues caused by the current pod design and when we were asked what we were doing about the issue, we realized we

weren't doing anything about it."

Shortly after, Bachleda worked with others and made a prototype pad for instructors to lie on in the boom pod to present to the Air Force Spark Tank. Spark Tank is a program run by the Air Force in hopes to recognize innovation. Airmen around the world develop and present technologies that would improve Air Force functions and processes.

In early 2018, Bachleda's idea won and is sponsored by the Air Force for implementation.

On Nov. 20, the first prototype was put into a KC-135 on Altus Air Force Base to allow instructors to give immediate feedback on the new pod.

"We're here testing the boom instructor modification that was on Spark Tank," 2nd Lt. Victoria Ponders, a 72nd Air Base Wing program manager at Tinker AFB, Oklahoma. "We installed a new panel with a new cushion on a KC-135 so that instructors could actually try it out and we could make sure it wasn't affecting their job."

Approximately 15 boom operators from the 54th and 56th Air Refueling Squadrons gathered to try out the new set up.

"Nothing is going to solve anything right away," said Master Sgt. Christopher Joyce, a 56th ARS boom operator.

See **TRAINERS** Page 26

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SATURDAY NIGHTS LIVE Live Bands Every 1st & 3rd week of the month		SUNDAY Seasonal Sports Call for Sports Listing

Happy Hour Specials: Mon - Fri: 7 AM to 9 AM & 5 PM to 7 PM, Sat - Sun: 8 AM to 10 AM



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Cyberfitness, awareness key during shopping season

**Military Health System
Communications Office**

With the holidays upon us and the season of sales and shopping nearing its height, the risk has increased for online scams and fraudulent activity targeting consumers. You can make a big difference in protecting your personal and financial information by making cybersecurity a priority.

"Everyone should be aware of scams or frauds targeting email users and shoppers," said Servio Medina, a Branch Chief in the Cyber Security Division at the Defense Health Agency. These attempts to access your information can look like offers for Black Friday, Cyber Monday, or holiday discounts, he

advised, and often seem too good to be true.

Medina warned that criminal hackers can easily spoof an email address to make it look like an offering from a trusted retailer or institution, such as a bank. "Now everything is click, click, click - but we should stop and think about what we're clicking on before we engage, and what better time than shopping season?" he said.

Justin Hodges, chief of DHA Cyber Operations Center and director of Cybersecurity Service Provider for Space & Naval Warfare Systems, said cybercriminals may also create websites to look like they represent a charity in order to collect financial information. While some

See **SHOPPING** Page 20



Making cyber security a priority while shopping or browsing online can help you protect yourself from more than you bargained for during this "season of shopping."
Courtesy photo

Radiology system saves time, money

Staff Sgt. Kevin Linuma
59TH MEDICAL WING PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-Lackland, Texas — With cardiothoracic disease imaging at the forefront in computer-aided detection, artificial intelligence and machine learning research, Lt. Col. (Dr.) Giovanni Lorenz, from the 59th Medical Wing, provides knowledge and expertise toward solving major coronary diseases.

Currently, there are only two fellowship-trained cardiothoracic radiologists in the Air Force. Lorenz, who serves at Wilford Hall Ambulatory Surgical Center, and another at Travis Air Force Base's David Grant USAF Medical Center in Fairfield, Calif.

"Cardiac magnetic resonance imaging can usually solve the anatomic and functional questions in one exam," said Lorenz. "This makes it a very cost-effective tool for our colleagues and a time saver for patients."

Cardiac MRI, which takes approximately 20-45 minutes, is a non-invasive assessment of the function and structure of the heart.

"Twenty-five patients have undergone exams since cardiac


MRI became available here at Wilford Hall (in October)," said Lorenz. "We've received an increase number of patients, so we've had to increase appointment availability from once a week to twice a week."

Cardiac MRI staff continues to explore innovative ways of establishing a test that will give the most anatomic and functional information in one exam. Lorenz believes his department has this ability and is excited to prove it.

"Right now (the 59th MDW is) on the rise," said Lorenz. "Our team is creating world class capabilities here at WHASC and are committed to being a high reliability organization. I'm blessed to be working with some of the smartest MRI technologists and cardiologists in my career."


Lorenz joined the Air Force with a goal to become a physician and treat service members.

"I'm ecstatic to be a part of the 59th MDW mission and provide cardiac MRI for patients," said Lorenz. "I've previously called San Antonio home when I worked at Brooks Air Force Base, and more recently as a diagnostic radiology resident at (Brooke Army Medical Center)."



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Resiliency as part of the healing process



U.S. Air Force photo/Shawn Sprayberry

Caleb Jones tunes a guitar before taking part in the music session with Rock to Recovery. The music workshop is part of a holistic healing approach meant to be part of a restorative care approach for long-term success in recovery and resiliency.

Shawn Sprayberry

AIR FORCE WOUNDED WARRIOR PROGRAM

OXON HILL, Md. — The Air Force Wounded Warrior Program kicked off its Northeast Region Warrior CARE Event at the National Harbor, starting the week with a day of resiliency programs featuring music, yoga, journaling and improvisational comedy workshops.

“In the past we would start our events with a traditional opening ceremony with the host base in attendance,” said Col. Michael Flatten, AFW2 director. “The first day would begin really early and would be stressful for everyone involved. We found we can ease into the week better by starting off with our resiliency programs first.”

This is the second Warrior CARE Event AFW2 has put on in this way and it has shown to be effective in making the week go smoothly, providing a little bit of respite for warriors weary from travel.

“While we want to get to work, it really strains those wounded warriors who may have medical issues that are compounded by travel,” said Marsha Gonzales, AFW2 support branch chief. “We looked at ways of making things smoother and found that spreading out our resiliency programs throughout the day reduced warriors’ stress.”

“In the past our resiliency programs were held at night,” said Dr. Aaron

See RESILIENCY Page 26

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Military Family Life: A single mother's experience

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

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

She is an Airman, a noncommissioned officer and the mother of a 5-year-old girl.

Throughout her life, she's risen to overcome numerous obstacles including the challenges of military deployments and going through a divorce after six years of marriage.

Staff Sgt. Amanda Scheer, 60th Contracting Squadron contracting specialist, arrived at Travis Air Force Base, in December 2009 as a civilian military spouse. According to a recent enlisted performance report, today, she's responsible for managing nine government contracts valued at \$40 million.

"I married my high school sweetheart in August 2009," said Scheer. "He was an air traffic controller in the Air Force at the time we got married and he later commissioned into the Medical Service Corps."

During her time as a military spouse, Scheer worked as a bartender, waitress and as a general manager for a brewing company. She also took classes toward a bachelor's degree in contract management.

"Business has always been a passion of mine," she said. "I like little details which is what contracting is all about. My ex-husband's stepdad talked about contracting in the Air Force a lot and that helped spark my interest in the career field."

Desiring to pursue her dream of working in contracting, Scheer enlisted in the Air Force in November 2012. She would get quite a surprise several weeks later.

"During my fourth week of technical training, I learned I was 17 weeks and three days pregnant," said Scheer. "I unknowingly went through basic military training while carrying a child. At the next appointment I learned I was having a girl and all I could think about was if she was OK."

The doctors at Joint Base San Antonio-Lackland, Texas, had good news for Scheer, her growing baby girl was completely healthy.

"I was thrilled," she said. "I always wanted a girl."

After graduating from the Contracting Apprentice Course in March 2013, Scheer returned to Travis, not just as a military spouse, but as an Airman who was five months pregnant. On Aug. 9, 2013, her daughter, Paisley, was born.



Courtesy photo/Valerie Ozella

1) Staff Sgt. Amanda Scheer, 60th Contracting Squadron contracting specialist, and her daughter, Paisley, pose for a photo Aug. 20, 2017, in Vallejo, Calif. 2) Scheer holds an original piece of artwork her daughter Paisley created Nov. 10 in her office at Travis Air Force Base, Calif.

"I was very excited the day she was born," said Scheer. "I never knew what love was until I held her. I also gained a greater appreciation for my parents because I realized, while I held my baby girl, how much they loved me because of how much love I felt for my own child. That moment changed my world for sure."

While Scheer was overjoyed to be a mother, she and her husband grew apart over time.

"I think a big issue in relationships, especially marriage, is not meeting the other person's expectations," said Scheer. "Over time, I realized we had different expectations of one another."

Scheer filed for divorce in January 2015 and her divorce was finalized in August of that year. She was awarded full custody of Paisley and has juggled the requirements the Air Force has levied upon her, along with her motherly responsibilities.

"Paisley was born with a corneal dermoid on her left eye, which was affecting the color and vision in that eye," said Scheer. "When she was just 3 months old, she had to have surgery to remove that. Ever since then, she sees a pediatric eye doctor five times a year. I also had to patch her good eye to strengthen her weak eye for up to five hours a day until

she was 5 years old. During a recent visit, a doctor said that with her glasses on, her vision is that of a normal child."

Scheer said her squadron leadership has been supportive of her and her daughter.

"I receive a tremendous amount of support from the squadron if Paisley has anything going on," she said. "When I need to take her to eye doctor appointments in Walnut Creek, California, which require me to be gone half of the work day, my commander understands that and works with me to support those appointments. If she's ever sick and can't go to the child development center, my leadership understands that as well. They've just been amazing."

Scheer has also received support from her parents who she credits with enabling her to deploy.

"My parents took care of Paisley during my six-month deployment," she said. "My leadership also helped get my parents passes to Nellis AFB, Nevada, because they live in Las Vegas, so they could shop at the Base Exchange and the commissary to ensure Paisley had all she needed. They also helped get Paisley a spot in the CDC at Nellis."

"I've also gone on a few temporary duty assignments and my parents always watch Paisley during those



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

times," said Scheer.

During her deployment to Southwest Asia, Scheer managed 14 expeditionary contracts valued at nearly \$12 million helping secure a new vehicle search area, hospital and fitness center for the installation.

She said she called Paisley twice a day, every day, so she could stay connected to her little girl.

"Sometimes she didn't want to talk to me because she was only 4 years old and wanted to play," she said. "When we did talk, we discussed where I was, what I was doing and what she was doing. She only had one break-down while I was gone, which was terrible to go through, but for the most part, she rocked it."

"I wouldn't be able to deploy or go on TDY assignments without the support from my parents," Scheer added. "I could get by with the day-to-day things, but supporting the bigger aspect of the mission I'm required to would be much more difficult."

When Scheer returned from that deployment, her daughter was the first person she saw when she exited the airplane.

"We just held each other and I cried," said Scheer. "Paisley just kept saying, 'Mamma, Mamma' as if she was shocked to have me home."

When she's not deployed serving far

from home, Scheer said she enjoys spending as much time with Paisley as she can.

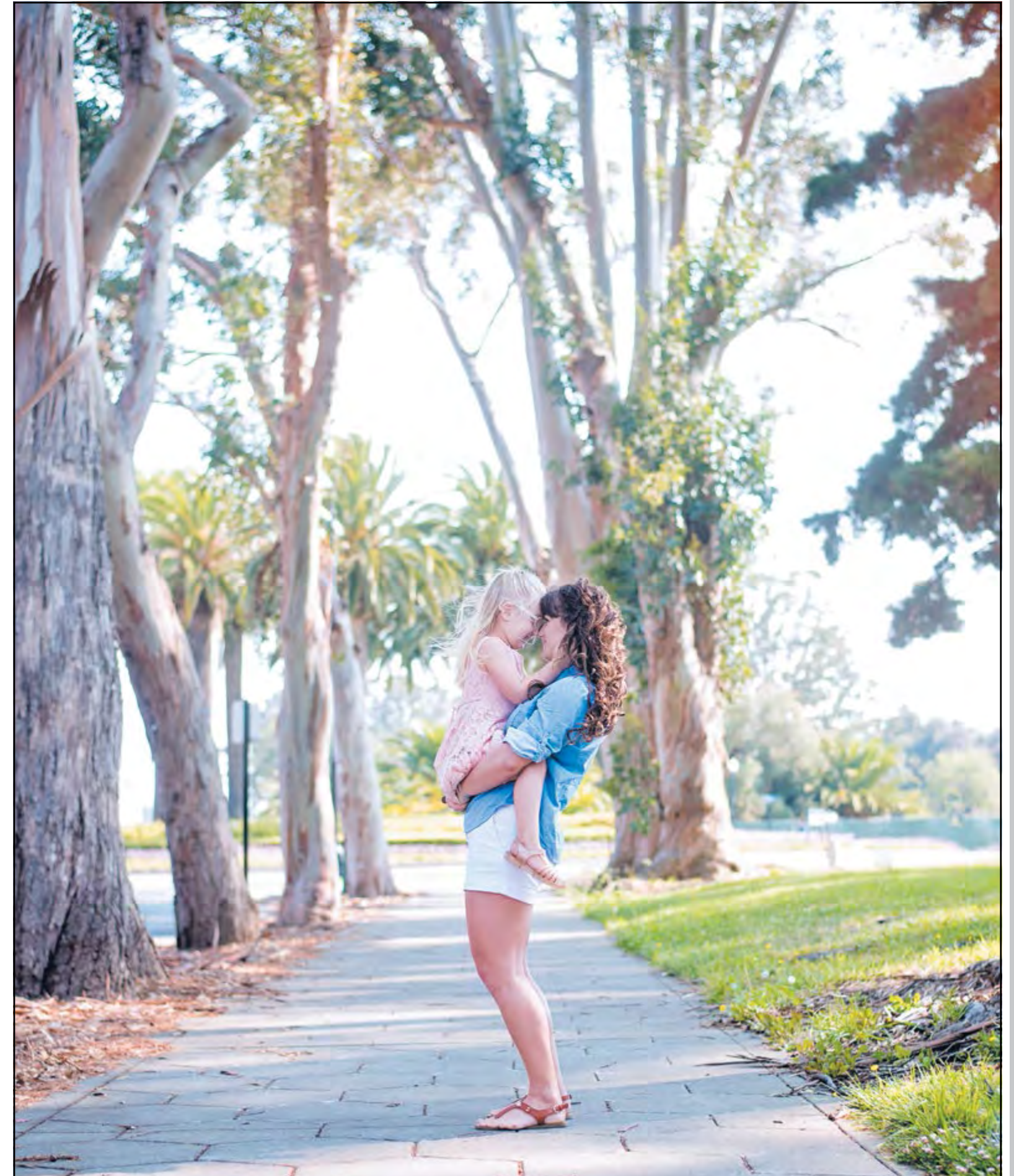
"We enjoy watching movies together and I take her to her ballet and gymnastics classes," said Scheer. "She also enjoys playing soccer and singing and dancing around the house."

Scheer said she wants people to understand the most difficult part of being a military mother is dealing with the unknown.

"Not knowing when I will deploy or go TDY is the hardest thing to deal with," she said. "When that happens I need to figure things out for Paisley like where she is going to go to school, who is going to watch her, how is she going to get there and what doctor she will go to. Leaving her is not an easy thing to do either, but those things just add so much stress on top of everything else I have to deal with. That's the most stressful thing about being a military parent."

While military life can be challenging, Scheer is doing all she can to serve and raise her daughter.

"Paisley is the best thing that ever happened to me," she said. "She saved me. If it wasn't for her, I might still be in that old relationship and unhappy. She is my greatest blessing. God gave her to me to save me. She makes being a single mom worth it."



Courtesy photo/Valerie Ozella

3) Staff Sgt. Amanda Scheer, 60th Contracting Squadron contracting specialist, and her daughter, Paisley, pose for a photo Aug. 20, 2017, in Vallejo, Calif. Scheer is a single mother and has served in the Air Force for six years.

Puzzles

STR8TS

No. 414 Medium crossword puzzle grid with numbers.

Previous solution - Easy

7 3 4 5 6
2 8 4 3 7 6 5
3 2 5 4 6 8 7

How to beat STR8ts - Like Sudoku, no single number can repeat in any row or column.

SUDOKU

No. 414 Very Hard 9x9 Sudoku grid with numbers.

Previous solution - Tough

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

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

The solutions will be published here in the next issue.

60th FSS

Events and upcoming

Free Holiday Facebook Bingo. This season, 60th FSS will give away \$1,000 cash every week.

Home for the Holiday Reservations at Westwind Inn. Westwind Inn is now available for holiday reservations!

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

In the next week...

fri

Air Force Art Contest. MyAirForceLife.com is hosting the annual Air Force Art Contest through Nov. 30.

in Unity Plaza, in front of the John F. Kennedy Library, 505 Santa Clara St.

Open Studio. Mary Gail Taylor, noon to 4 p.m. Dec. 1-2, 703 Mustang Court, Fairfield.

Mad Hatter Grand Victorian Homes Tour. 2 p.m. Dec. 2, meet at Vallejo Naval and Historical Museum.

Menorah on Main. 5 p.m. Dec. 2, downtown Vacaville.

Fairfield Tree Lighting and Holiday Festivities. 6 to 8:30 p.m. Nov. 30, Solano County Plaza.

Christmas at the Waterfront. 2 to 8 p.m. Dec. 1, Main and Solano Streets, Suisun City.

Mad Hatter Festival. 2 p.m. Dec. 1

Menorah Lighting on Travis Air Force Base. 5 p.m. Dec. 5, to access without base privileges.

Air Force Recruiting Office. Now open at the Solano Town Center mall. Learn more about what the Air Force has to offer.

Air Force Sergeants Association "Walter E. Scott" Chapter 1320. General membership meetings are at 2 p.m.

Airmen's Ministry Center. The Airmen's Attic is open from 10 a.m. to 2 p.m. Tuesday and Thursday.

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.

Base emergency numbers. Mobile phone users must dial 707-424-4911 if they have an emergency on base.

Base illicit discharge number. To report sewage/water leaks or illegal dumping, call 707-424-2575.

Civilian Health Promotion Services. Will perform free wellness screenings from 7:30 to 9:30 a.m. every Monday for all DoD federal civilians.

https://jfhns.release.dma.mil/public and fill out the information.

Mare Island Museum. Open 10 a.m. to 2 p.m. Monday through Friday and 10 a.m. to 4 p.m. Saturdays.

M-50 Gas Mask Fit Testing. Takes place from 9 a.m. to 3 p.m. every Wednesday at Bldg. 791.

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.

MPF self-renewal program. Did you know that dependents can now renew their ID cards online?

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.

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.

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.

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).

Retiree Activities Office. Openings for volunteers. Customers are retired American service members and their family members.

Solano/Napa Habitat for Humanity. This

organization welcomes volunteers and supporters from all backgrounds. There are recurring events Tuesday through Saturday.

Travis Community Thrift Shop. 10 a.m. to 2 p.m. Tuesday and Thursday. Pricing need for volunteers to organize, sort and price donations.

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.

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.

Travis Legal Office. Power of attorney and notaries are walk-ins 9 a.m. to 2 p.m. Monday, Tuesday, Wednesday and Friday.

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

Solano Symphony. Holiday Celebration, 8 p.m. Dec. 1, Downtown Theatre, 1035 Texas St., Fairfield; 3 p.m. Dec. 2, Vacaville Performing Arts Theatre, 1010 Ulatis Drive.

Chamber Music at Rancho Flaubert. Telegraph String Quartet, 3 p.m. Feb. 17; 7059 Bucktown Lane, Vacaville.

City Sports Bar and Grill. Music begins at 9 p.m.: Strange Brew, Nov. 30; Soul'd Out, Dec. 2; ClusterPhunk, Dec. 7; DJ Aaron, Dec. 8; 7155 Browns Valley Parkway, Vacaville.

Congregation B'nai Israel. Chanukah Sing A-Long Haimish Music Band, 2 to 4 p.m. Dec. 8; 1256 Nebraska St., Vallejo.

Downtown Theatre. B Sharp Academy's 17th Annual Awards Show, 3 p.m. Dec. 1; 1035 Texas St., Fairfield.

Empress Theatre. Girls Night Out Show, 8 p.m. Nov. 30; Nicolas Bearde, 6 p.m. Dec. 1; Christine Gambito, 8 p.m. Dec. 7; MOMOTOM-BO SF, 8 p.m. Dec. 8; City Swing, 7 p.m. Dec. 9; 330 Virginia St., Vallejo.

First Street Cafe. Parts & Labor, 7 p.m. Nov. 30; Open Mic, 7 p.m. Dec. 1; Doug Houser, Dec. 7; Glenn Lowe, 7 p.m. Dec. 8; 440 First St., Benicia.

The Relik Tavern. Spell Breakers, 9 p.m. Nov. 30; Austin Mo Xperience, 9 p.m. Dec. 1; Wake the Neighbors, 9 p.m. Dec. 7; Bodhi Shrugs, 9 p.m. Dec. 8; 726 First St., Benicia.

Solano Chamber Society. "Messiah,"

THE FLIP SIDE

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Solano Chamber Society. "Messiah,"

Retiree Corner

Picking between TRICARE Prime, TRICARE Select

TRICARE Open Season runs through Dec. 10.

This is the annual period when you can enroll in or change your TRICARE Prime or TRICARE Select plan.

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you need to do during open season if you want to change your plan.

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Compare TRICARE Prime and TRICARE Select using the Compare Plans tool.

If you want to enroll in TRICARE Prime or TRICARE Select, you can enroll online, by mail, or by phone.

For more information about TRICARE Open Season, visit the Open Season page on the TRICARE website.

- Health.mil

Chapel programs

Recurring events

Catholic

Twin Peaks Chapel. Roman Catholic Mass: 9 a.m. and noon Sunday.

Children's Church: 10:15 a.m. Sunday. Sacrament of Reconciliation/Confession: 4:30 to 5:30 p.m. Wednesday or upon appointment.

Infant Baptism Prep Classes: 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.

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 inquiries, call LDS Military relations representatives at 707-535-6979.

Protestant

First Street Chapel

Protestant Community Service: 9:30 to 10:30 a.m. Sunday. Gospel Worship Service: 11:30 a.m. to 12:30 p.m. Sunday.

Children's Ministry is provided for 6-month-olds through fifth grade. Protestant Men of the Chapel: 8 to 9 a.m., first Saturday of every month.

Twin Peaks Chapel

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

DGMC 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. Tuesdays followed at 7 p.m. by Bible study.

Recurring

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Children's Church: 11:30 a.m.

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

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

BAPTIST

TRINITY baptist church

Southern Baptist Convention

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707-448-5430
www.tbvacaville.com
Greg Davidson, Senior Pastor

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Worship Service & Bible Study.....10:30 am
Evening Worship & Prayer.....6:00 pm

Wednesday:
Dinner (Sept-May).....4:45 pm
AWANA (Sept-May).....6:00 pm
Youth.....6:00 pm
Choir.....6:30 am
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Air Force awards more than 100 contracts in 40 hours

Bryan Ripple
88TH AIR BASE WING PUBLIC AFFAIRS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Contracting officials and innovators from across the Air Force looking to speed up the acquisition process recently awarded more than 100 contracts in 40 hours to small businesses.

Meeting at the AFWERX Innovation Hub in Austin, Texas, the group streamlined contracting processes and developed new ways of doing business to accelerate the

transfer of ideas from the lab bench to Airmen to increase lethality and provide a technological advantage to warfighters.

The team, which met Nov. 5-9, was comprised of personnel from Air Education and Training Command, AFWERX, Air Force Installation Contracting Agency, Air Force Research Laboratory, the Air Force Contracting office, Air Force Life Cycle Management Center, Air Force Space Command, Air Force Personnel Center, and the Air Force Small Business Innovation Research

Program office.

Working through the Small Business Innovation Research Program, or SBIR, the group formed with a goal to significantly trim the amount of time it takes to award contracts to businesses.

"Evaluations and awards have typically taken up to six months to complete so we did a number of things to shorten the schedule," said Ryan Helbach, Air Force Research Laboratory chief intrapreneur. "We did evaluations in under a one week, and the contracts in

See **CONTRACTS** Page 20

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Contracts

From Page 19

a second week such that within two weeks of the call for proposals closing, we had the companies on contract.

"It is definitely a change to the normal way of doing business. We're able to better interact with non-traditional companies by working at the speeds they are used to and all of the technology that's being developed has dual-use aspects such as virtual reality or augmented reality. These technologies

have a lot of commercial development, but also many military applications such as the pilot training program."

Helbach said he began working with AFWERX personnel in January on efforts to bring new ways of doing business with the Air Force SBIR program through "special topics." SBIR contracts are federally mandated set-asides for small businesses.

"One of the things we did was put out a request for proposals which closed in June. We were looking for open innovation dual-use technologies," said Helbach.

Shopping

From Page 11

fraudulent websites can be easily identifiable, such as through a .net domain or unfamiliar email address, some more advanced websites may not be as easy to spot, he warned.

"You need to be really careful that the websites you're going to are in fact legitimate websites," said Hodges, who recommends browsing through a domain with "https," which often shows a lock symbol. The "s" in the domain indicates that a website encrypts information to transit it over the internet. He also encourages consumers to research the website or company name in a search engine to see if any reviews come up.

"Scams will very often have little to no reviews on the internet, which should be a red flag," said Hodges. By visiting a fraudulent website, shoppers run the risk of accidentally giving hackers access to their financial or other personal information, and access to computers and home files, he said.

"You don't need to click on anything or download anything for hackers to exploit the way your browser is configured and download malicious software that gives them access to your home PC," said Hodges. "Once financial or personal information is taken, it can be stored in data bases on the dark web and sold, making you more susceptible to security breaches in the future."

Medina said shoppers can take some actions to help avoid a phishing attack, such as opening

emails in plain text rather than html, or hovering the cursor over a hyperlink without clicking on it to check if the URL leads to a legitimate source. Additional protective steps include updating security software, using a password-protected network, and avoiding unverified public Wi-Fi when making transactions online, he said.

"A lot of people think home networks are safe compared to browsing the web while using a mobile hot spot or free Wi-Fi, but if you don't take steps to protect your network at home, you may not be any safer at home," said Hodges.

The Department of Homeland Security's cyber awareness campaign, STOP.THINK.CONNECT., provides additional online safety tips, such as watching out for deals that look too good to be true, shopping through trusted retailers, and using a credit card instead of a debit card.

The National Credit Union Administration Fraud Prevention Center educates consumers on how to recognize common scams, including package delivery and gift card scams, phishing emails, charity scams, and fraudulent ads. It also offers information on the "evil twin" Wi-Fi scam, which involves a scammer putting out a Wi-Fi signal that looks just like a complimentary one available at coffee shops, airports, and hotels.

"Cyber health is important to the safety and well-being of our warfighters and their families," said Hodges. "The more people know about cyber health, the better they can protect themselves."

Clinic

From Page 3

equipment in from the logistics warehouse into the clinic.

"Travis was my first duty station and now, 37 years (later), I'm still here," said Palaganas. "This is the best place to work and it's been that way since I came here."

Palaganas, both a dental laboratory technician and maxillofacial technician, makes crowns, bridges and dentures and teeth for dental implants. He also makes prosthetics for cancer patients and those with facial injuries.

Although the job has been essentially the same since 1987, equipment upgrades have cut the work time by half.

"We can make teeth much faster with computers and scanners," said Palaganas. "X-rays are digital so you see results instantly. Bite wings are comfortable and you don't need to make a plaster cast of the teeth."

The job is also safer. "We no longer use open flames to mold crowns because that's also done digitally," he said.

When architects designed the dental clinic, they considered upgrades and

modernization in the blueprints.

"As far as dental technology, materials and techniques, the dental squadron has kept pace with civilian teaching institutions in every way," said Col. (Dr.) Curtis Marsh, 60th DS commander.

"However, when it comes to our ability to offer our patients premier treatment without them having to compromise due to cost, we far surpass the civilian sector."

The dental squadron not only operates a dental clinic, but also two graduate medical programs that prepare future providers.

"We continue to fill our teaching positions with the best specialists the Air Force has to offer from both civilian and military programs," said Marsh.

He said these educators then pass their knowledge, experience and expertise to top-notch graduates in both the Advanced Education in General Dentistry Residency and the four-year Oral and Maxillofacial Surgery Program.

"These graduates then go out to bases around the world to support our active duty population and maintain their dental readiness to fly, fight and win," he said.

The dental clinic was named in 1991 in honor of retired Maj.

Gen. Arthur J. Sachsel, the Air Force assistant surgeon general for dental services. Sachsel retired from active duty in March 1987 and resided with his family in Riverside, California until his death on Sept. 19, 2013.

After receiving a doctorate in dental surgery from the University of Pennsylvania Dental School in Philadelphia, Pennsylvania, in 1950, Sachsel joined the Air Force. He retired briefly to open his own practice in New Jersey, but returned to the Air Force in July 1956, serving as chief of restorative dentistry at the Bolling Air Force Base, Washington, D.C.,

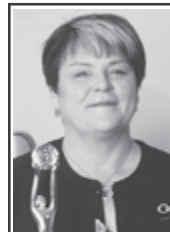
In August 1960, Sachsel entered an Air Force-sponsored residency in periodontics at Ohio State University in Columbus, Ohio and two years later, was assigned to Travis, where he served successively as staff periodontist, chief of periodontics and assistant base dental surgeon.

Today, the dental squadron houses all major dental specialties under one roof and provides for approximately 170 patients per day, including active duty members from all service branches.

"Our patients are able to obtain all necessary dental care with absolutely no civilian referrals," said Marsh.

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Smith

From Page 2

excel that truly matters. As much as I would love to see a future where we can just call ourselves Airmen when we're posed this very same question, there is nothing wrong with taking pride in what you do.

We all had different reasons as to why we joined and maybe it wasn't to wash dishes or hand out towels, but that doesn't mean that they are mediocre jobs and require mediocre attention.

Excellence in all you do – it's what the Air Force asks of us and it's what some forget. Too many times I have seen people get caught up in thinking that their current job is one they did not want to do, which often leads to them lacking the desire to excel. Some easily forget that we volunteered to serve and the core values must always be placed ahead of our own desires. The Air Force requires excellence in all you do, not just the things you want to do.

It may be easy for some to blame "them" or "other people" when they don't get something they feel they deserved, but you have to understand that sometimes, while the door of opportunity may appear to be closed, if your solution and value is real, it will open once you've effectively displayed your value first. You have to earn what you get and it all starts with being the best no matter what you do.

Start being proud to be an Airman because it's what you are and it's what you do.

Transfers

From Page 7

applied to transfer their education benefits to eligible dependents.

In addition to the 10-year suspension and the four-year service increment, the following changes are effective July 12, 2019:

- Service members must have four years of retainability from the year they apply to

transfer benefits and cannot be prevented from serving their four years due to mandatory retirement date, high-year tenure, retention control point and are not being medically qualified.

- Service members must have served six years minimum at the time of application, but no more than 16 years. Total years served will be determined by the date they applied.

- Service members must not be on limited duty, involved

in a medical evaluation board, physical evaluation board or disability evaluation system at the time of application.

- Service members who have applied to transfer education benefits but were previously denied due to being on limited duty or involved in a medical evaluation board, physical evaluation board, or disability evaluation system process can apply again when they are fit for duty and commit to an additional four years.

- Service members with more than 16 years of service who are found fit for duty can apply to transfer education benefits again as long as the member applies within 90 days of being found fit for duty.

All policy changes will be annotated in the next rewrite of Air Force Instruction 36-2649, Voluntary Education Program.

For information on transferring benefits, visit <https://mypers.af.mil>.

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NOTICE OF AVAILABILITY
DRAFT ENVIRONMENTAL ASSESSMENT AND FINDING OF NO SIGNIFICANT IMPACT / FINDING OF NO PRACTICABLE ALTERNATIVE FOR THE PROPOSED PERIMETER FENCE SECURITY UPGRADE ON TRAVIS AIR FORCE BASE, CALIFORNIA
Interested parties are hereby notified that the United States Air Force, Travis Air Force Base, California has completed a Draft Environmental Assessment (EA) that resulted in a Finding of No Significant Impact (FONSI) and Finding of No Practicable Alternative for the installation of perimeter fence security upgrades.
The Draft EA and FONSI/FONPA, dated October 2018, are available for review at the following locations:
Fairfield Civic Center Library Suisun City Library
1150 Kentucky Street 601 Pintail Drive
Fairfield, California 94533 Suisun City, California 94558
Vacaville Public Library Cultural Center Mitchell Memorial Library
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Vacaville, California 95688 Travis AFB, California 94535
The Draft EA and FONSI/FONPA can also be obtained at:
http://www.travis.af.mil/About-Us/Environment/Compliance
Written comments and inquiries on the EA and FONSI should be directed to
Mr. Matthew Blazek
60th Civil Engineer Squadron
411 Airman Drive, Building 570
Travis AFB, CA 94535
Comments may also be faxed to the attention of Mr. Blazek at (707) 424-5105. Emailed comments will not be accepted. The public review and comment period for this EA is 30 days from the publication date of this Notice of Availability. If you have questions, please contact Mr. Blazek at (707) 424-5127.
DR# 00022876
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Service Source

Trainers

From Page 9

“This is definitely more comfortable though and makes it a lot easier on your back and neck.”

After sitting on the pad and trying it out, a survey was given for instructors to fill out.

The changes requested in the surveys will likely be seen in the upcoming year.

“We’re expecting to see this out by the end of this summer,” Ponders said. “That depends on the flight tests and the feedback we received from the boom instructors, but our goal based on the feedback today is the end of the summer.”

While the pod has been in the testing phase for the past few months, this trial is one of the biggest tests the device will face.

“This feedback is incredibly valuable,” Ponders said. “It lets us see things that we can’t see in the program office. We can see the things that instructors do when they’re teaching and how they use the pad that

they have now.”

Creating a new pad for boom operators to lie on may seem like a small step but it’s a major step in fixing a problem that has existed for years. Giving boom instructors a more comfortable work environment allows them to train Airmen more efficiently and help achieve the 97 AMW mission of forging global mobility.



U.S. Air Force photo/Shawn Sprayberry

Wesley Geer, former touring guitarist for rock bands such as Korn and Vacaville, Calif.’s Papa Roach, as well as a founder of the rap rock group Hed PE, teaches a class of wounded warriors as part of his Rock to Recovery music workshop.

Resiliency

From Page 12

Moffett, AFW2 recovery services program manager. “Attendance was always good, but we never really reached 100 percent of the wounded warriors attending our events. This way we can show everyone how effective these programs can be in hopes they may take these new skills and apply them at home.”

There are over 100 wounded

warriors and caregivers broken up into four groups at this event. Each group will rotate through each resiliency program, getting a chance to experience each workshop. The idea is to give them access to new tools they can use towards along the path of restorative care, adding to the long-term success of their overall recovery and resiliency.

“I like how they did this, easing into it,” said Staff Sgt. Jared Perrin, parachute rigger with the 733rd Logistic Readiness Squadron at Joint Base

Elmendorf-Richardson, Alaska. “My favorite part so far has been Rock to Recovery. It was first thing in the morning for me and it felt good to make some noise to wake up.”

Rock to Recovery is led by Wes Geer, former touring guitarist of Korn as well as Vacaville, California’s Papa Roach, and Sonny Mayo, former guitarist for Sevendust. The workshop shows how music is a part of all of us whether you are a “shower singer” or full-blown musician. Warriors also learned about improvisational

comedy during Improv to Improve, taught by retired Staff Sgt. BJ Lange, a fellow wounded warrior and stand-up comedian. He showed them how improv can calm the mind as they work through skits that keep them on their toes. There are also courses on yoga and functional strength training as well as a course on the benefits of journaling.

AFW2 will carry this new process forward into the new year, when they head Joint Base Pearl Harbor-Hickam, Hawaii, in January.

Canadian

From Page 8

beating heart of the service, the squadron, where Air Force culture resides, innovation is born and where Airmen succeed in mission execution. While the effort is now well into the implementation phase with programs being implemented by commanders and Airmen, the process of learning is continuous.

“The special connection the U.S. Air Force has with our Canadian counterparts enables us to learn from each other’s programs, share best practices and accelerate each of our efforts to achieve a greater focus on the mission, strengthen our leadership and esprit de corps and increase our family support. The week was packed with extremely productive collaboration between the teams that will make an immediate impact in our forces,” Colonel Rusty Williford, U.S. Air Force Revitalizing Squadrons director.

The RCAF is experiencing similar pressures as the Air Force, stemming from the growing commercial airline industry and robust global economy, causing increased competition to recruit and retain highly-skilled talent between the military and civilian sectors. The RCAF effort to focus on the squadron and other tactical-level units is the centerpiece of a range of programs designed to maximize retention of the hard-earned experience and qualifications of its aviators.

“The RCAF faces attraction and retention challenges similar to our U.S. (Air Force) partners, so working together this past week provided a tremendous opportunity to share best practices and lessons learned,” Colonel Don McLeod, RCAF Retention coordinator. “The discussions were extremely valuable and have paved the way for more engagement in many different areas.”

The initial meeting between the teams is just the beginning of the collaboration between the allies.

“It is always valuable to get an outside view on our efforts that can positively impact our Airmen and revitalize squadrons,” Chief Master Sergeant John Hover, Revitalizing Squadrons chief.

1) Lt. Col. Daniel Bunts, 120th Fighter Squadron pilot with the Colorado Air National Guard and the Green Flag deployment detachment commander, prepares to take off on a mission in an F-16 Fighting Falcon aircraft during a Green Flag exercise Nov. 9 at Nellis Air Force Base, Nev. 2) Chief Master Sgt. Kenneth Kunkel, 746th Expeditionary Airlift Squadron C-130 Hercules flight engineer, conducts a preflight inspection prior to launch Nov. 13 at Al Udeid Air Base, Qatar. Kunkel reached 10,000 flying hours Oct. 6. 3) A B-52H Stratofortress takes off Nov. 4 during exercise Global Thunder 19 at Minot Air Force Base, N.D.



U.S. Air National Guard photo/Senior Master Sgt. John Rohrer

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