

Air Force, Army team up for ... TRAINING

PAGES 10-11



Foam system helps protect Air Force assets

Senior Airman Cameron Otte
60TH AIR MOBILITY WING PUBLIC AFFAIRS

An alarm system echoes throughout a hangar – blaring one last wail before foam begins falling from the ceiling like a collection of waterfalls made of bubbles.

Mere minutes later, the 77,000-square-foot hangar, which is about 20,000 square feet larger than a professional football field, is filled to the brim with foam.

The occasion: a test of Hangar 811’s new foam fire suppression system. The installation of the new fire suppression system, which is designed to protect U.S. Air Force assets, was the final renovation in a series of Hangar 811 upgrades. The new fire suppression system replaced the hangar’s original Aqueous Film Forming Foam system.

Hangar 811 normally serves as a place for aircraft cleaning and maintenance for Travis’ fleet, which is valued at more than \$7 trillion.

“After almost two years of refurbishing hangar 811, installing this fire suppression system was the last step we needed before we could get the hangar back from contracting,” said Master Sgt. David Ellestad, 60th Maintenance Group hangar manager. “The first steps we took were to fix up floors and replace the lights in the hangar.”

Ellestad said, the floors and lights of the hangar received repairs between January 2019 and June 2020

“The hangar floor needed to be repaved, sanded and painted white,” said Ellestad. “We had to sand down the ground to combat how slippery the floors got when covered in soap and water. We also replaced the lights with LED’s to reflect more light off the



U.S. Air Force photo/Senior Airman Cameron Otte

Hangar 811 fills with foam during a test of its high-expansion fire suppression system Sept. 11 at Travis Air Force Base, California. The system is used to extinguish fires inside aircraft hangars to protect Airmen and Air Force assets.

white paint.”

During the down time, Travis lost its only hangar for washing aircraft. Ellestad and his Airmen had to improvise to get the job done. If aircraft are not cleaned regularly, they will inevitably build up corrosion, making them unable to fly.

“We set up a temporary aircraft washing location at Hangar 818 while Hangar 811 was being refurbished,” said Ellestad. “We needed to buy

portable aircraft scale wash systems and set up a frac tank, basically a container to catch all the soap and grime from the aircraft, to meet environmental standards.”

With the hangar flooring and lights in place, it was time to put in the new fire suppression system.

“The old fire suppression needed to be replaced because along with eliminating the fire it would also damage our aircraft,” said Staff Sgt. Jordon Ward,

60th Civil Engineer Squadron construction manager. “The foam system replacing the AFFF is called high expansion foam, and not only does it stop fires and preserve our aircraft, but it’s also much more eco-friendly.”

The new high expansion foam is less toxic than the older foam fire suppression system and doesn’t corrode aircraft.

“This foam is made up of many different chemicals mixed together; it’s kind of like soap,” said Ward. “And, like soap it expands; however, this foam is called high expansion foam; it’s able to expand up to 200 percent or more than the liquid it starts as.”

For a fire to survive it needs a fuel source, heat, and oxygen. The moment one of these elements are removed, a fire will inevitably fizzle out.

“We don’t use normal water suppression systems in hangars because they wouldn’t work for grease fires, and it would damage all the electrical equipment,” said Ellestad. “This is why we use the new foam system because it’s able to smother fires, taking away the oxygen from whatever it’s touching and reduces the heat, while not damaging the aircraft.”

The foam may be effective at putting out fires, but it can be very hazardous if not taken seriously.

“This foam is only dangerous if you get covered by it because one of its core functions is to absorb oxygen,” said Ward. “Losing your spatial awareness is also a threat. When you hear the emergency alarm, go for the nearest exit and evacuate.”

Now that the new fire suppression system is installed and tested, Travis is only one inspection away from reopening Hangar 811.

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On the cover

U.S. Airmen from the 22nd Airlift Squadron and Soldiers from the 101st Airborne Division load a Chinook-47 fox model helicopter in a C-5M Super Galaxy Sept. 21 at Fort Campbell, Kentucky.

U.S. Air Force photo/Senior Airman Jonathon Carnell

Virtual reality revolutionizes SFS training

Senior Airman Christian Conrad
60TH AIR MOBILITY WING PUBLIC AFFAIRS

It’s your first day as a policeman on the beat. The perp you’ve been chasing just rounded a corner on foot, and now he’s nowhere in sight. You notice an open window and draw your pistol.

The sweat from your palm slickens the gun’s grip as you quietly attempt to swing your leg over the window’s low threshold. Out of the corner of your eye, you see a figure – the perp – sprint past you. You scream, “Stop!” The perp jumps a fence instead. In a moment of desperation, you level your pistol at the fleeing suspect and drop your finger to the trigger...

But, are you making the right choice?

It’s a question that’s at the heart of Travis AFB’s 60th Security Forces Squadron’s new virtual reality training system.

In a streamlined, immersive environment, Travis police officers, or defenders, are now able to acclimate themselves to stressful situations they could face in a real-world environment with the help of VR.

Not only that, but 60th SFS instructors also have the ability to manipulate the parameters of each virtual engagement in real time, giving every scenario an element of unpredictability.

The system goes a long way in innovating 60th SFS training, said James Frazier, 60th SFS training instructor.

“The idea of our squadron using the VR technology originally came from the 60th Air Mobility Wing’s Phoenix Spark personnel,” Frazier said. “The 60th SFS evaluated the system as a viable application to utilize as a proper training and evaluation tool and subsequently reported that the product is a highly effective



U.S. Air Force photo/Senior Airman Christian Conrad

U.S. Air Force Senior Airman Christian Reyes, 60th Security Forces Squadron patrolman, uses virtual reality training to test his reaction to a use-of-force scenario Sept. 25 at Travis Air Force Base, California. The 60th SFS training instructors at Travis are able to maneuver the parameters of the VR training on the fly, giving the scenarios their students face during training an element of unpredictability.

tool to utilize for officers’ use of force response.”

Police departments’ use of force has become a hot-button topic in recent months with concerns about its use ramping up after numerous instances of police-involved deaths.

It’s an unfortunate reality to have to negotiate, said Frazier, but a

reality nonetheless.

“Part of the reason this VR technology has been gaining visibility in the law enforcement community in recent years is the current events happening across the country involving LE officer’s actions while using force during engagements with subjects,” said Frazier, who has held a job in various police

departments for 26 years. “VR gives an agency another tool to evaluate an officer’s ability to recognize the need to use force, and train the ability to properly apply it, to gain control of the situation.”

Staff Sgt. Deanna Ciesiel, another 60th SFS instructor, said the training relies on muscle memory to nurture

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Tailwind



Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

Col. Corey A. Simmons 60th Air Mobility Wing commander	Senior Airman Christian Conrad
Capt. Erica Feehan Chief of command information	Airman 1st Class Cameron Otte
	Nicholas Pilch Tailwind staff

Daily Republic

Nick DeCicco Tailwind editor	Todd R. Hansen Copy editor
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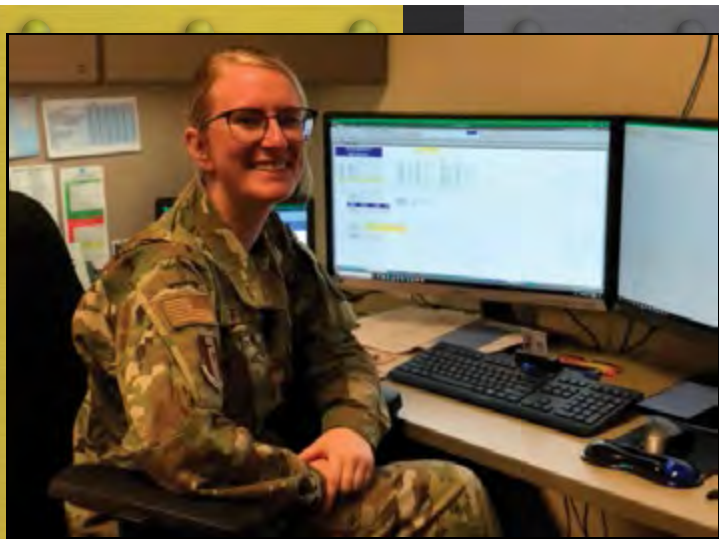
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Visit the Travis public web site at <http://www.travis.af.mil>. Read the Tailwind online at <http://tailwind.dailyrepublic.net> or by accessing the Travis SharePoint.



WARRIOR OF THE WEEK

Name: Senior Airman Kourtney Rueffer.	Time in service: Three years.	What are your hobbies? Training my dog, Ducky, hiking and being outdoors with friends.
Unit: 60th Maintenance Group.	Family: Single.	What is your greatest achievement? Successfully covered all three (60th, 860th, 660th) aircraft maintenance squadron analysis positions during a staffing shortage.
Duty title: Dedicated C-5 analyst.	What are your goals? To make staff sergeant my first time, complete my Community College of the Air Force education, and cross train into an aircraft maintenance career field.	
Hometown: Hot Springs, Arkansas.		

Airman uses trauma to help others

Senior Airman Amy Younger

60TH AIR MOBILITY WING PUBLIC AFFAIRS

The moment is surreal – a nightmare manifested.

The weary mother and daughter step through the door into a modest apartment. A cloud of dust particles moves sleepily at their entry. The hot desert air trespasses further with each hollow step, disrupting the stagnant air in the small space. This is their home now.

Second Lieutenant DéJayé Herrera, 860th Aircraft Maintenance Squadron assistant aircraft maintenance unit officer in charge, a former senior noncommissioned officer and now finalist for Ms. Veteran America 2020, was at rock bottom.

Herrera and her daughter, Eleena, were displaced, bringing with them only a single suitcase containing what was now the sum of their worldly possessions and leaving behind a home fractured by abuse.

“When it comes to domestic violence, in our mind, we have a picture of what that looks like, and in my mind, family violence didn’t look like me,” said Herrera. “For many years, my daughter and I suffered in silence. ... I know as parents, it’s our job to take care of our kiddos and protect them, but Eleena actually stepped up and took care of mom.”

Herrera had recently come back from a deployment when her daughter, then only 8 years old, reported that she had been a victim of physical abuse to staff at her elementary school. The violence Herrera thought she had been successful in hiding through her decade-long marriage – abuse which she believed she experienced alone – had been turned on Eleena in her absence.

“It started with my mom, then she left for six months for a work trip and that’s when it all started to happen to me,” Eleena said.

Herrera spent years carefully maintaining the image of a happy marriage – not just for her daughter, but for her family and her Air Force community.

“On the surface, I appeared to have my stuff together,” Herrera said. “My former spouse and I were a dream team on base, and there we were, all of our dirty



U.S. Air Force photo/Senior Airman Amy Younger

U.S. Air Force 2nd Lt. DéJayé Herrera, 860th Aircraft Maintenance Squadron assistant aircraft maintenance unit officer in charge, poses for a photo in her Ms. Veteran America 2020 finalist attire Aug. 29 at Travis Air Force Base, California. Herrera has made it through two rounds of elimination and will compete with 24 other finalists in the Oct. 11 finals event.

laundry was aired.”

Herrera said that the call from the school, the public image falling apart and the decision to leave their home all happened so suddenly that it felt unreal. Herrera and Eleena relocated to a nearby apartment complex the same day.

Herrera said her bond with Eleena is unbreakable.

“During our transition, I explained to her how it was going to be and asked her if she was okay with it, and she was very adamant that this is how she wanted it to be,” Herrera said. “She and I are truly a team.”

No longer in a dual-income situation, and her housing stipend going into a home she no longer occupied, Herrera was on the hook to pay for everything out of pocket. For

months, the pair lived with no household goods, until relief came from a local organization dedicated to helping women recover from domestic violence situations. Herrera and her daughter received a few pieces of donated furniture – an act that would stick with both Herrera and her daughter.

“Our situation was very hard, but the air mattress we slept on for a long time wasn’t that bad because I was with my mom and we were safe,” Eleena said. “I was grateful.”

Herrera said the sacrifices endured were an afterthought. Her first priority was the resilience and well-being of her daughter.

“To me, failure was never an option,” Herrera said. “I needed to be strong for Eleena. If it wasn’t for

her, I’m not sure I’d still be here. She looks to me for strength and I refuse to let her down.”

Herrera used the traumatic experience to drive her to new heights. A master sergeant at the time, she put in her package for consideration to the Air Force’s Officer Training School and, eventually, received a commission. Herrera, a Sacramento native, leaned on family to care for Eleena during this time.

“I busted my butt for her – for us,” Herrera said, recounting her time separated from her daughter.

Herrera’s commitment paid dividends when she earned the title of Distinguished Graduate – an especially remarkable accomplishment due to her class size reaching 800

See TRAUMA Page 18

Videos aim to boost health among retirees

Jerry A. Edmonds

TRAVIS AFB RETIREE

ACTIVITIES OFFICE DIRECTOR

The Beale Air Force Base, California, clinic’s health program manager, Dale Collins, in collaboration with the Beale AFB and Travis AFB, California, retiree activities offices, is hosting a series of video presentations using Zoom.

The video series is targeted at military retirees and spouses in their senior years to help them improve their quality of life through exercise and nutrition.

Collins will demonstrate age-appropriate forms of exercise that improve mobility, flexibility and strength that will help seniors engage in normal day-to-day activities and decrease the likelihood of falls that can lead to broken bones and unintended trips to the hospital.

The nutrition segments will discuss caloric qualities (good and bad) and food choices that prevent the onset of obesity, diabetes, high blood pressure and heart disease.

The pros and cons of some international cuisines will be discussed in terms of their

effects on general health, such as high salt, fat, sugar vs vitamin, probiotic, nutrient rich and high fiber foodstuffs.

All presentations will occur at 6 p.m. on the third Thursday of each month:

- Oct. 22: Nutrition changes with age.
- Nov. 19: Preventing falls and the importance of balance.
- Dec. 17: Balanced dieting - the overseas edition.
- Jan. 21, 2021: At your core – lower back and core exercises.
- Feb. 18, 2021: Leg exercises to keep you moving.

Those interested will need to install Zoom video conferencing software – at no cost to you – on their computers or tablets to participate in the video sessions.

To download and install the program, go to the Zoom website at zoom.us for those owning a Windows computer, or the apps store for those using Apple IOS devices or Google store for those on Android devices.

To participate, email the Travis Retiree Activities Office at raotravis@yahoo.com. The day prior to each event, the Travis RAO we will email

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US Air Force Expeditionary Center greets new leader

Maj. George Tobias

U.S. AIR FORCE EXPEDITIONARY
CENTER PUBLIC AFFAIRS

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — Leadership of the U.S. Air Force Expeditionary Center was officially passed Sept. 23 to its newest commander, Maj. Gen. Mark Camerer.

Camerer’s nearly 30-year career has included various positions at the squadron, group, wing, major command and combatant command levels. Prior to his current command, he was the Director of Strategic Plans, Requirements and Programs, Headquarters Air Mobility Command, Scott Air Force Base, Illinois.

“Gen. Camerer is all about developing Airmen and building the force that will compete, deter, and win today, and tomorrow – he is absolutely the right



U.S. Air Force photo/Master Sgt. Ashley Hyatt

U.S. Air Force Maj. Gen. Mark Camerer, right, assumes command of the U.S. Air Force Expeditionary Center during a change of command ceremony Sept. 23 at the USAF Expeditionary Center on Joint Base McGuire-Dix-Lakehurst, New Jersey.

person to lead the Expeditionary Center into the future,” said Air Mobility Command commander Gen. Jacqueline D. Van Ovost, who presided over the ceremony. “I have absolute faith and confidence he is the perfect leader to build upon [Maj. Gen. John

Gordy’s] foundation and accelerate this command into the future.”

During the ceremony, Camerer told the nearly 14,000 Airmen of the Expeditionary Center his commitment to the men, women, and families of the

See LEADER Page 15

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Month of events promote breast cancer awareness

60th Medical Support Squadron

October is National Breast Cancer Awareness Month, which is most commonly represented by the pink ribbon, charity runs, and community events.

For the past three years at David Grant Medical Center, the month has also been celebrated with a breast cancer informational health fair within the hospital in conjunction with

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there will be an informational table staffed by members of the multi-disciplinary team, as well as population health. They will promote breast cancer awareness, including screening, prevention, and education. Members will wear masks and gloves in this open-air environment and will hand out pre-filled reusable breast cancer awareness goodie bags filled with informational and fun items.

- From 11 a.m. to 1 p.m. Oct. 21, there will be an additional health fair outside the DGMC shoppette and dining facility. Free goodie bags will also be available and all COVID-19 precautions taken.
- Walk-in screening mammograms will be available Oct. 21 at DGMC for Tricare beneficiaries.
- There will be a Breast Cancer Awareness Virtual 5k run/walk this year, organized by Health Promotions. Participants need only run or walk a 5k (3.1 miles) during the month of October and submit their times and any motivational photos to Tim Stearns' email at paul.t.stearns2.civ@mail.mil. Once he receives completion verification, he will have a free goodie bag available for pick up for the first 50 people.

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Courtesy graphic

Benefits enrollment to begin

Jerry A. Edmonds
TRAVIS AFB RETIREE
ACTIVITIES OFFICE DIRECTOR

Tricare and the Federal Employee Dental and Vision Insurance Program open enrollment season starts Nov. 9 and runs through Dec. 14.

Those who are not enrolled and want medical, dental and vision insurance using these programs will need to enroll during this period.

The new open enrollment season brings some changes with it for Category A Tricare Select enrollees. Category A covers retirees that enlisted or whose appointment began before Jan. 1, 2018.

Category A retirees covered under Tricare select will be required to pay a monthly fee of \$12.50 per month for single coverage, \$25 per month for family coverage. Current category A retirees need to setup automatic payments online before 14 December 2020.

Contact John Dickens, Tricare benefits, billing and collections adviser at David Grant USAF Medical Center, at 707-423-7921, or Brad Paisley, Tricare benefits, billing and collections adviser at the McClellan Park Sacramento Satellite Clinic, at 707-423-3472. They can give more information and help people setup auto payments.

Automatic payments must be setup prior to Dec. 14. Please note some may be required to pay three months' fees in advance as it takes a few months for the auto payments to kick in.

Tricare Select or Group A enrollees who fail to setup auto payments will lose their Tricare Select coverage and may only be seen at a military treatment facility or clinic on a space available basis.

Those wanting to change their current FEDVIP dental and vision insurance carriers or who currently do not have coverage can change their plan or enroll during the same period. Those changes must be initiated online.

The FEDVIP program is administered through the United States Office of Personnel Management. Individuals can enroll or change their current plans at the Benefeds website at <https://www.benefeds.com>.

The Travis Retiree Activities Office has a short how-to video tutorial on using the Benefeds website to enroll in a dental and vision care plan. They have posted several approved visuals providing basic open season information.

For more information, contact the Travis Retiree Activities Office at 707-424-3904/3905 or visit their Facebook page at <https://bit.ly/3jjxOFV>.

Podcast talks Air Force culture

Air Education and Training Command Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — A sneak peek into "Women, Peace and Security," a scheduled presentation at Air University's upcoming Language, Regional Expertise and Culture Symposium is highlighted on the latest episode of "The Air Force Starts Here," released Sept. 24.

On the podcast, Dan Hawkins from the Air Education and Training Command public affairs team sits down with Dr. Kristin Hissong, an assistant professor of regional and cultural studies at AU's Air Force Culture and Language Center, to discuss the impact women have had on the changing nature of warfare and the importance of women's equal participation, and full involvement in all efforts relating to the maintenance and promotion of peace and security.

Hissong's presentation is scheduled to be part of the agenda for the fifth annual LREC being held Oct. 14-16, and will feature guest speakers including Lt. Gen. Gregory M. Guillot, commander of U.S. Air Forces Central Command, Southwest Asia, as well as Lt. Gen. Kirk W. Smith, deputy commander of U.S. Africa Command. To register for LREC, which is free to attend and will be hosted over Microsoft Teams, click here.

The professional development podcasts are designed to help communicate and inform Total Force Airmen across the globe on relevant, timely topics related to the recruiting, training, education and force development fields, and can be listened to on the government network on the AETC website, or via mobile application as well as on Apple Podcasts, Spotify and Google Play.

Future episodes are set to cover a wide range of topics, including the AETC Strategic Action Plan, an interview with Chief Master Sgt. Erik Thompson, AETC's new command chief, and much more.

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Puzzles

STR8TS

No. 510 Medium

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

You can find more help, tips and hints at www.str8ts.com

Previous solution - Easy

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

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. 510 Very Hard

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

The solutions will be published here in the next issue.

Previous solution - Tough

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

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

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

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

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Air Force partnership helps rare woodpecker thrive

Jennifer Schneider

AIR FORCE CIVIL ENGINEER CENTER
ENVIRONMENTAL DIRECTORATE

JOINT BASE SAN ANTONIO-LACKLAND, Texas — The red cockaded woodpecker is making a comeback, thanks to partnership efforts between the Air Force and multiple public and private organizations.

The U.S. Fish and Wildlife Service highlighted Department of Defense conservation efforts Sept. 25 during a ceremony at Fort Benning, Georgia, marking the proposed downlisting of the red cockaded woodpecker from “endangered” to “threatened.”

“We are celebrating not just incredible conservation success and legacy, but also the spectacular way the mission was achieved – through commitment, passion and creativity of diverse partners,” said Aurelia Skipwith, USFWS director.

The woodpecker was listed as endangered in 1970. Since 1994, the Air Force

has increased populations by 178% and its installations now house 585 active potential breeding groups.

Proactive forest management and close partnerships with the USFWS and state agencies and universities continue to play a vital role in population recovery, said Kevin Porteck, the Air Force Civil Engineer Center’s Air Force natural resources subject matter expert, which supports the planning, programming, budgeting and execution of installation natural resources requirements.

“Our ranges are home to a diversity of wildlife, and with increasing urban development around them, these installations can become the last refuge for some species like the red cockaded woodpecker,” Porteck said.

Since 2012, the Air Force has restored more than 23,000 acres of longleaf pine forest, and now boasts more than 373,000 acres of actively managed longleaf pine, with plans to plant

See WOODPECKER Page 12



U.S. Air Force photo/Senior Airman Destinee Sweeney

Hutch Collins, 20th Civil Engineer Squadron threatened and endangered species biologist, holds baby red-cockaded woodpeckers after placing identification bands on them May 30, 2018, at Poinsett Electronic Combat Range in Wedgefield, South Carolina.

Air Force issues tuition assistance approach

Secretary of the Air Force
Public Affairs

WASHINGTON — Department of the Air Force officials announced a \$3,750 military tuition assistance cap per fiscal year that will go into effect for college courses beginning Oct. 1.

Previously, military tuition assistance limits were \$4,500 per fiscal year, but adjustments were required to ensure the program remains fully available and fiscally sustainable while meeting an increase in participation rates, the number of courses taken and course costs.

“While usage by our Airmen and Space Professionals is fantastic and we’re encouraged by the number working on their degrees, we need to make sure the benefit is accessible to as many of our service members as possible each year,” said Lt. Gen. Brian T. Kelly, deputy chief of staff for manpower, personnel and services. “In 2013, under sequestration, tuition assistance was suspended for some time and our service members were negatively impacted. As we go forward and budgets get tight, we want

See TUITION Page 12

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Viewpoint survey helps civilians voice opinions

Secretary of the Air Force
Public Affairs

ARLINGTON, Va. — The Federal Employee Viewpoint Survey will be available for Air Force civilian employees from Sept. 16 until Oct. 28.

The FEVS is a government-wide, Office of Personnel Management administered annual survey that Air Force civilian employees have been participating in since 2006. The approximately 100-question survey takes 20-to-30 minutes to complete and is anonymous. The survey includes questions about employees’ work-life, job and organizational satisfaction, commitment, engagement, performance management and communication. It measures employee perceptions of whether their organization is successful.

Permanent, non-seasonal full and part-time civilian employees onboard as of October 2019 are eligible to participate and will receive a link for the survey via an email from

OPM. The survey invitation and OPM reminder emails will come from ‘EVAF@OPM.gov’ Sept. 16 until Oct. 28.

In an effort to understand how the COVID-19 pandemic has affected the federal workforce, this year’s survey will be a census including questions designed to gather information about how employees have worked together, used tools, received communications, maintained health and safety, employed work/life flexibilities, and more.

“Feedback through the FEVS provides insight into what our civilian Airmen think we’re doing right and where we need to improve,” said Lt. Gen. Brian Kelly, Manpower, Personnel and Services, deputy chief of staff. “The more people participate, the better sense we get for how to improve ourselves, our organizations and our Department.”

Kelly highlighted three objectives for this year’s upcoming Federal Employee Viewpoint Survey:



U.S. Air Force courtesy graphic

The Federal Employee Viewpoint Survey will be available for Air Force civilian employees starting mid-September.

1. Increase survey participation.
2. Increase communication and feedback between leaders and employees on their concerns.
3. Understand the Air Force in comparison to other

Departments within the Federal Government.

“The 2020 FEVS provides an opportunity to further strengthen communications and understanding between Air Force leadership and our civilian

employees,” Kelly said. “We are eager to hear what our civilian Airmen have to say.”

For more information about the Federal Employee Viewpoint Survey, visit <https://www.opm.gov/fevs/>.

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Air Force, Army enhance mission capabilities with joint training

Story and photos by
Senior Airman Jonathon Carnell
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Air Force, Army and contractors conducted a joint training exercise Sept. 20-21, at Fort Campbell Army Airfield, Kentucky.

The training involved aerial port air transportation specialists from Joint Base McGuire-Dix-Lakehurst, New Jersey, and loadmasters from Travis AFB, California, providing hands-on training to soldiers from the 372nd Inland Cargo Transfer Company and 101st Airborne Division, Fort Campbell.

The training consisted of load planning, pallet securing procedures and loading cargo into a C-5M Super Galaxy.

Master Sgt. Robert Strecker, 621st Mobility Support Operations Squadron from JB McGuire Dix-Lakehurst, New Jersey, Expeditionary Air Ground Liaison Element team chief, said this joint service training is critical for service members to expand on their securing and loading procedures.

“If a unit is deployed and needs our assistance we can be out there to help them in under 12 hours,” said Strecker. “Any emergency airlift moves, humanitarian moves or special forces moves, we have the ability to go out to their unit to help them prepare their load at a moment’s notice.”

The EAGLE mission assists with deployment or redeployment cargo preparation from air, land or sea services making them one of a kind, Strecker said.

“What EAGLE does now is a brand new ability to the Air Force,” Strecker said as Airmen and Soldiers were training together behind him. “We have the ability to go out to any deployable location and offer assistance with cargo preparations.”

The joint training offered soldiers familiarity with loading equipment to aircraft, said Strecker.

“This kind of training is rare for the team,” said Capt. Morgan Kiser, 372nd ICTC commander. “It’s not every day we get to have a C-5 to train on.”

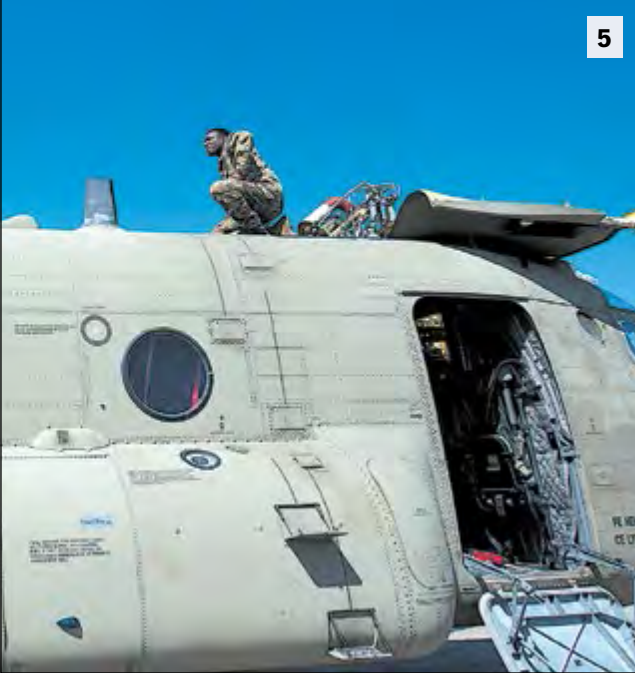
This joint training is one of many more to come, said Capt. Zachary McColgan, 22nd AS pilot and aircraft commander.

The 22nd plans to have monthly off-station training missions starting January 2021, by the direction of the Air Mobility Command leadership.

“This training was very important for us to gain familiarity with different types of cargo loads from other services,” said McColgan. “And, gives invaluable exposure to the young load masters on our team who are seeing these types of cargo loads for the first time.”



1) U.S. Airmen and Soldiers load a Chinook-47 fox model helicopter in a C-5M Super Galaxy Sept. 21 at Fort Campbell, Kentucky. The services worked side by side during the loading process and used this training opportunity to enhance the joint effort of rapid global mobility.



2) U.S. Soldiers assigned to the 372nd Inland Cargo Transfer Company, move plywood boards Sept. 20 at Fort Campbell, Kentucky. The boards were used as a protectant for the C-5M Super Galaxy floor paneling to prevent damage from heavy cargo. 3) U.S. Air Force Senior Airman Nicholas Ramos, 22nd Airlift Squadron loadmaster, secures cargo on a C-5M Sept. 20 at Fort Campbell. The 22nd AS personnel spent two days at Fort Campbell training with the Army on loading and securing cargo onto the C-5M. 4) U.S. Airmen assigned to the 22nd AS prepare to load cargo onto a C-5M Sept. 20 at Fort Campbell. 5) U.S. Army Spc. Romane Daley, 6101 General Support Aviation Brigade Chinook helicopter maintainer, checks the hydraulic lines on a Chinook-47 fox model helicopter Sept. 21 at Fort Campbell. Daley trained with the Air Force on loading the Chinook into a C-5M.

Woodpecker

From Page 8

an additional 3,000 acres this winter at Tyndall Air Force Base, Florida. In addition, AF-CEC's Air Force Wildland Fire Branch has been an essential contributor for ecosystem management, averaging more than 140,000 acres of prescribed burns annually.

Eglin AFB, Florida, home to the Air Force's largest population of red cockaded woodpeckers, effectively increased its potential breeding groups from 184 to 507 since 1994, surpassing a 2009 recovery goal of 350 groups.

Natural resources managers at Eglin AFB implement periodic controlled burns and conduct timber sales to maintain and enhance the landscape of mature longleaf pines and ensure the type of open understory preferred by the woodpeckers. The installation also drilled more than 1,500 artificial nest cavities as potential nest sites for the birds.

Recovery efforts there have been so successful that the installation donated 212



U.S. Air Force photo/Senior Airman Destinee Sweeney

Hutch Collins, 20th Civil Engineer Squadron threatened and endangered species biologist, looks for baby red-cockaded woodpeckers in a tree cavity May 30, 2018, at Poinsett Electronic Combat Range at Wedgefield, South Carolina.

juvenile woodpeckers to enhance other populations in the region.

"As the installation commander of Eglin Air Force Base's 464,000-acre reservation, I can't tell you how proud I am of this phenomenal accomplishment, and how important it is to ensuring our critical mission of national defense continues," said Brig. Gen. Scott Cain, 96th Test Wing commander at Eglin

AFB. "For the past 30 years, the Eglin Natural Resources Office, known as Jackson Guard, has been effectively using fire and numerous forestry techniques, such as drilling artificial cavities and translocation of juveniles, to ensure mission success. My thanks go out to our partners in the U.S. Fish and Wildlife Service, without whom we could not have achieved this goal."

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Tuition

From Page 8

to prevent that from happening again and we made hard decisions in order to keep this program viable and accessible to our force."

Credit hour limits remain the same at \$250 per semester hour and \$166.66 per quarter hour.

Applications will be routed using normal procedures on the Air Force Virtual Education Center online platform. Airmen and Space Professionals may apply for tuition assistance up to 45 days prior to the start of their class date. The adjustments should help equitably stretch funding, but should fiscal year funds become exhausted at year end, service members who did not get their applications approved will have to wait until the new fiscal year's funds are available to apply for tuition assistance.

"Tuition assistance aids in the development of a highly-educated and skilled military force," Kelly said. "By making these adjustments, we ensure this key benefit continues for all Airmen and Space Professionals."

These adjustments apply to both undergraduate-level and graduate-level classes. Recognizing there may be potential

reasons for exceeding the annual cap waivers to the policy are available for unique circumstances. For example, members whose degree program requires a lab class exceeding the \$3,750 limit by one semester hour or two quarter hours, or those working on a unique degree deadline may apply for a waiver.

Consult Air Force Instruction 36-2670 Total Force Development and Air Force guidance memorandum 2020-02 for details.

"Tuition assistance is a key and central in-service education benefit, but it's only one of several avenues members can use to get their degrees and minimize out-of-pocket expenses," Kelly said. Air Force officials noted comparing school costs, researching other resources such as Post-9/11 GI Bill benefits, Defense Activity for Non-Traditional Education Support's, or DANTES, subject standardized tests, or DSST, college-level examination programs, or CLEP, pursuing Community College of the Air Force degrees and other funding sources such as scholarships and grants as parts of the overall education benefit that can help minimize expenses.

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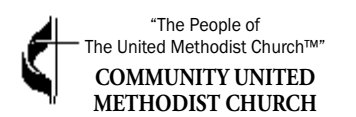
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Awareness

From Page 6

being diagnosed) know their risk factors and signs and symptoms. Specifically:

- Family history – any first degree relatives with breast or ovarian cancer? At what age? Any genetic testing performed? Any other cancers in the family?

- Consider performing monthly breast self-exams starting at age 21.

- Screening mammogram starting at age 40 if no family history and no concerning breast symptoms. Mammograms may be indicated sooner if family history, concerning symptoms, or prior history of chest wall radiation.

Additionally, preventive care is key to decreasing the chances of breast cancer, as well as preventing recurrence. Women should drink no more than one alcoholic beverage per day (two for men), exercise daily, eat a well-balanced diet and maintain a healthy weight.

For those diagnosed with breast cancer, DGMC proudly offers a multi-disciplinary approach to breast cancer care, with surgical oncology, medical oncology, and radiation oncology, as well as

nutrition services, mental health, and social services. The team meets weekly for a breast cancer tumor board to discuss all new cases, as well as those pending, to ensure a comprehensive and coordinated care plan is established, unique to each patient.

“We offer a full spectrum of breast imaging at DGMC to include digital 2D and digital breast tomosynthesis (3D) mammograms for all our patients, ultrasound, MRI, multiple biopsy techniques, and image guided wire localization procedures,” said Dr. Shannon Gaffney, chief of breast imaging. “Our breast imaging center has remained open throughout 2020. However, we have implemented protocols (prescreening, face masks, social distancing) to ensure we are limiting risk and providing the safest environment for our beneficiaries.”

Once a patient is diagnosed with biopsy-proven disease, the DGMC surgical team offers the full scope of breast surgery, from lumpectomy to nipple-sparing mastectomy to total mastectomy, as well as reliable and consistent sentinel lymph node biopsy, said Dr. Daniel Choi, chief of breast surgery.

“There is also the full scope of reconstruction, which is personalized to each

patient,” Choi said.

The roles of systemic therapy and radiation therapy are also discussed within the care team, and scheduled accordingly, according to Dr. Matthew Shupe, chief of the Joint Hematology Oncology Infusion Center.

“We use systemic therapy to treat the entire body, including the breast,” Shupe said. “This can include the use of chemotherapy and/or hormone therapy, both in the definitive setting, as well as the metastatic setting. We have expertise in these treatments and managing any side effects throughout the course of the patient’s illness.”

In regards to radiation therapy, Dr. Winnifred Wong, Director of the Joint Radiation Oncology Center, notes that the center has all current technology available, including on-board imaging to verify daily treatment setup, breath hold technique for left-sided disease, potential for shorter treatment schedules based on disease stage and age and innovative approaches to skin care.

“We are also undergoing a \$28 million full clinic remodel, to include an upgrade of both treatment machines, which will offer even more options for our amazing patients,” Wong said.

More info

- The American Cancer Society – www.cancer.org.
- The National Comprehensive Cancer Network – www.nccn.org.
- Susan G. Komen for the Cure – www.komen.org.
- Bright Pink – www.brightpink.org.

One patient, Linda Brimer, who received all of her breast cancer care at DGMC sang the praises of this multidisciplinary approach.

“From date of diagnosis, through systemic therapy, surgery, and radiation, I felt confident in my care team and their coordinated and thoughtful approach to my care,” she said. “I cannot thank my medical team enough for their incredible care and kindness through such a difficult time in my life. They’re amazing!”

In short, the breast cancer team at DGMC wants to ensure that the Travis AFB community knows that even during the time of COVID-19, it is highly trained and motivated to continue its breast cancer prevention and care for its members.

Leader

From Page 5

Expeditionary Center who support its vital mission to Air Mobility Command and the U.S. Air Force.

“‘I assume command’ – they are more than three ceremonial words, they represent the commitment to the men, women and families of the Expeditionary Center that I make today,” Camerer said. “They instantly and profoundly link Julie and me to an awesome military organization.”

Camerer’s extensive operational and command experience will further the Expeditionary Center’s strategic importance to rapid global mobility.

“At the Expeditionary Center, we put the rapid in rapid global mobility, we are the

power projection platform with strategic military locations across the globe. We have built the key relationships with the Army, the Navy, the Marine Corps, the Space Force, and with our international partners that allow us to rapidly move anything to any destination on the planet,” Camerer said, adding that the Airmen of the Expeditionary Center “provide our nation with the strategic advantage that is coveted by our senior leaders, respected by our allies, and cannot be matched by our adversaries.”

Camerer concluded his remarks stating, “I am humbled to join this amazing team... I understand the responsibility that I am shouldering and I know the strategic importance of the Expeditionary Center, together we will continue to put the rapid in rapid global mobility as we deliver air power ... from the ground up.”

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Videos

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Trauma

From Page 4

students, which has since has earned the name of ‘Godzilla class.’

It wasn’t long before the two had cultivated a new life, free from the abuse they suffered. Herrera’s story, along with her career-long reputation for excellence, put her in the mind of her peers for a unique opportunity.

Herrera said one day her phone was “blown up” with social media notifications in a post soliciting entrants for the Ms. Veteran America competition. Former co-workers and friends pinged her continuously to encourage her to sign up.

“I was like, ‘Nope, I’m not a pageant girl,” Herrera said. “I’m not putting on a bikini.”

Although hesitant, Herrera decided to entertain the suggestion. She scoured the information in the post, learning what she could about the event – a multi-day contest of competitor talent and strengths. The competition, which began in 2012, focuses on showcasing “women beyond the uniform,” according to the Ms. Veteran America website.

Through her continued investigation, she discovered the organization behind the event and the cause that it benefits – a revelation, Herrera said, that compelled her to sign up.

“I learned what Final Salute’s mission is: ‘providing safe and suitable housing for female homeless veterans,’” she said. Herrera saw this as the perfect opportunity to pay forward the kindness and generosity her and her daughter experienced at their lowest point.

Currently, she is one of the top 25 finalists, competing in two previous elimination rounds.

“A lot of female veterans find themselves homeless because of some trauma that they have experienced,” Herrera said. “I could speak on this from a place of conviction. Thankfully, I have never been homeless, but I know what it’s like to be displaced from my home and have to transition.”

Stories like Herrera’s are not uncommon. Female homeless veterans are among the fastest-growing

**“Now I look at
my story, not with
shame, but with
hope.”**

— 2nd Lt. DéJayé
Herrera

populations in the U.S. with 55,000 reported, over 60% of which are mothers, according to the Department of Veterans Affairs.

Herrera said it’s organizations like Final Salute Inc. that represent sustainable means of combating this growing issue, while increasing awareness in the philosophy of giving women “a hand up, not a hand out.”

“Even if I don’t win, I will continue to support and raise funds for this cause,” Herrera said.

Herrera explained that her passion is supporting others, emotionally and materially, who face similar traumas, emphasizing that it takes tremendous courage to ask for help.

“Two years ago, I wouldn’t have been able to tell my story without my voice cracking or my eyes getting watery,” Herrera said. “I tell my story to let people know that domestic violence is real, and to bring the crappy things going on in the dark, into the light, so we can talk about them and people don’t feel alone.”

Herrera stressed that domestic violence isn’t exclusive to any type of individual or circumstance.

“I was a freaking senior NCO, afraid to leave my spouse because I didn’t think I could do it on my own,” Herrera said. “Now I look at my story, not with shame, but with hope. I know what it’s like to pick myself up off the ground. Don’t look at where I’m at, look at where I came from.”

“I’ve come a long way. Eleena has come a long way. We don’t see ourselves as victims. We see ourselves as survivors and we are thriving.”

Finding the right help could save the life of someone affected by domestic violence, abuse or displacement. To learn more about what resources are available, visit Military OneSource at <https://www.militaryonesource.mil/> or call (800) 342-9647.

1) U.S. Air Force Senior Airman Marcello Chavez, right, 60th Medical Diagnostics and Therapeutics Squadron inpatient pharmacy technician, demonstrates production of an antibiotic to Col. Zachery Jiron, 60th Air Mobility Wing vice commander, left, and Chief Master Sgt. Robert Schultz, 60th AMW command chief, Sept. 18 at Travis Air Force Base, California. The Leadership Rounds program provides 60th AMW leadership an opportunity to interact with Airmen and get a detailed view of each mission performed at Travis. 2) Schultz takes a group photo with the Nutritional Medicine Flight Sept. 18 at Travis. 3) U.S. Air Force Col. Bernard Vanpelt, right, 60th MDTs deputy commander, and Chief Master Sgt. Nicole Sanders, left, 60th MDTs superintendent, greet Jiron and Schultz Sept. 18 at Travis.



Base leadership looks closer at DGMC ... DIAGNOSTICS

U.S. Air Force photos by Senior Airman Cameron Otte



Virtual reality

From Page 3

a certain degree of comfort in officers during high-stress situations.

“When you drill correct procedure enough times, it becomes instinct,” Ciesiel said. “When good practice is second nature to an officer, they can react quicker to situations, which not only keeps them safe, but also allows them to keep the situation from spiraling out of control.”

Ciesiel, who has participated in the training, credits the system’s ability to immerse its user to its success.

“What you hear and see and say – even the amount of tension and adrenaline you might feel – it’s all replicated and picked up in VR,” Ciesiel said. “While it’s not meant to replace real-life, it does offer some advantages over traditional instruction.”

The VR training is abstract, existing only in a digital space. This allows the scenarios defenders face during training to range from routine situations such as small traffic violations to tense confrontations that may require lethal force.

Training for threats that change from moment to moment is vital, Frazier said. It’s not going to be the

predictable scenarios that get defenders in trouble; it’s the ones they’ve never imagined.

“Our Defenders can’t afford to learn lessons in the field,” Frazier said. “Uncertainty in protocol can be the difference of a suspect in custody and a suspect in the morgue. The importance of investing in a multi-leveled, multi-faceted training acumen is something that can never be understated.”

Currently, Travis and the security forces technical school at Joint Base San Antonio-Lackland, Texas, are the only locations implementing the system, with higher Air Force leadership open to the possibility of funding the system’s use at other bases, Frazier said.

For defenders like Ciesiel, it, ultimately, comes down to building a stronger force, one that knows its procedures and executes them perfectly.

“Our use of force is governed by our Air Force and Department of Defense instructions,” she said. “Knowing them, training them and holding ourselves to that standard will inevitably result in our officers’ success in real-world events. To get there, though, takes a dynamic approach, and the VR training helps us accomplish that.”



U.S. Air Force Senior Airman Christian Reyes, 60th Security Forces Squadron patrolman, uses virtual reality training to test his reaction to a use-of-force scenario Sept. 25 at Travis Air Force Base, California. The implementation of the VR training comes amid a swell of innovative efforts to keep the Air Force at the cutting edge of modern policing techniques.

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