

Roundel Gasium prepares Travis to move ... **FORWARD**

PAGES 10-11



Photographer grateful after grappling with cancer

Commentary by Nicholas Pilch
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Cancer is scary, treatment is chilling and nothing about cancer is fun. Every November is Men's Health Awareness Month, but this "November," it hit so much closer to home.

Thanksgiving, we're told, is a time to take inventory of what we have in life, to give thanks and be grateful. I am grateful for my family, friends, and co-workers, but most importantly, my health.

In 2011, I discovered a lump on one of my testicles. The doctor treated it as an infection, and I was given antibiotics. It wasn't until eight years later that I was sent to get an ultrasound.

Jan. 9, when I had my first CT scan, my urologist wanted to remove the tumor immediately. A few days later, on Jan. 16, my doctor at the Department of Veterans Affairs hospital in Martinez, California, removed the tumor via orchiectomy. This felt like I was losing a part of me, though I was happy to have the tumor removed.

For what felt like an eternity, I waited for the call that delivered my biopsy results.

The call came. It was a germ cell tumor that came with a diagnosis of stage IIIA testicular cancer. For nine years, from 2011 to the time it was removed in January 2020, cancer was spreading through my body. Being fraught with anxiety and worry about so many other things in my life this added stress – turned my life upside down.

I had swollen lymph nodes everywhere, and the cancer spread from my groin to my neck, but thankfully it hadn't spread to my brain. The first thing I did was Google my chance of survival which was just under 70% with



U.S. Air Force photo/Nicholas Pilch

Nicholas Pilch, 60th Air Mobility Wing public affairs photographer, receives a transfusion of chemotherapy May 12 at the Hematology/Oncology Clinic in David Grant USAF Medical Center at Travis Air Force Base, California. While the world was grappling with COVID-19, Pilch underwent chemotherapy for testicular cancer.

Commentary

a 10-year survival rate. This put me in a terrible place, a place my mind goes still, even after all this time.

I never thought I would find myself

in an oncologists' office wondering what stage of cancer I had or having to determine potential treatment plans.

I had two chemotherapy treatment options. Option one was a cocktail of three drugs over nine weeks – one week on, two weeks off, rinse and repeat –

and I'd be in the Hematology/Oncology clinic Monday through Friday. A side effect for this option was the possibility of long-term lung damage, and though I've never had the desire to skydive or

See **PILCH** Page 12

Travis Airman dies in UAE

60th Air Mobility Wing
Public Affairs

A physician assigned to the 60th Medical Group, David Grant U.S. Air Force Medical Center, died Nov. 27 in a non-combat related vehicle incident at Al Dhafra Air Base, United Arab Emirates.

The Department of Defense announced Nov. 28 the death of the Airman who was supporting Operation Freedom's Sentinel.

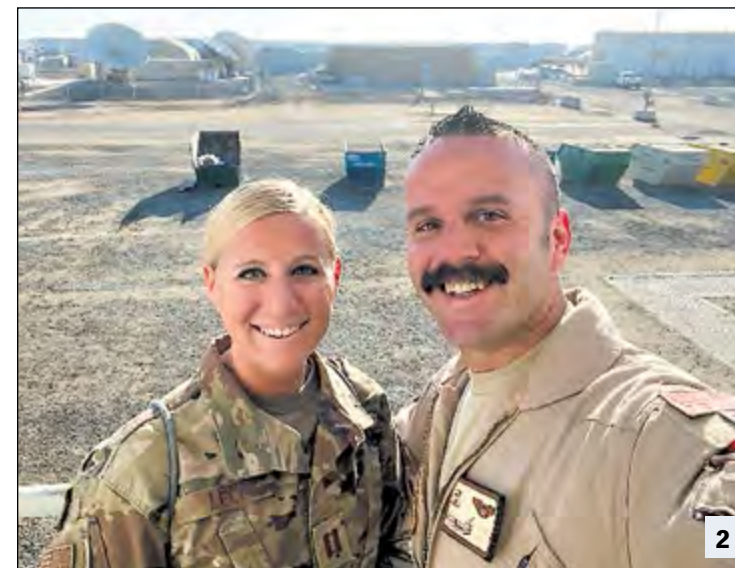
Capt. Kelliann Leli, 30, of Parlin, New Jersey, died while deployed to Al Dhafra AB. The cause of the incident is under investigation.

"Our entire Travis family is beyond heartbroken over the tragic loss of our teammate, Kelliann," said Col. Corey Simmons, 60th Air Mobility Wing commander. "We are thinking of and praying for all her loved ones during this unfathomable time."

Leli was assigned to the 60th Healthcare Operations Squadron, Travis AFB, California. She arrived to Travis AFB in June 2016. A graduate of the U.S. Air Force Academy, Colorado Springs, Leli earned her commission in 2012 before continuing her medical program. She was assigned to the Family Medicine Clinic at David Grant USAF Medical Center. This was Leli's first deployment.



U.S. Air Force photo/Senior Airman Christopher Qual



Courtesy photo

1) A U.S. Air Force carry team transfers the remains of Capt. Kelliann Leli, 60th Healthcare Operations Squadron, Nov. 30 at Dover Air Force Base, Delaware. Leli was assigned to the 60th HCOS at Travis Air Force Base, California. 2) Leli, left, and Capt. Jimmy Leli, 6th Air Refueling Squadron, take a photo together at a deployed location in Southwest Asia. This was the couple's last photo taken together. The Department of Defense announced the death of Kelliann Nov. 28.

Service hits record levels of retention

Secretary of the Air Force
Public Affairs

ARLINGTON, Va. — The Department of the Air Force is seeing its highest retention levels in 20 years, second only to rates recorded shortly after 9/11 in 2002.

However, as hundreds of members who were previously planning to retire or separate in 2020 withdrew or delayed their departures amidst COVID-19 concerns, it led to fiscal year 2021 end strength numbers that already exceeded the projected end-of-year goals.

"Congress delivered immense help, increased our numbers and helped us make real readiness improvements after sequestration reductions," said Lt. Gen. Brian Kelly, deputy chief of staff for manpower, personnel and services. "Increased recruiting and retention efforts helped restore the size of the force by nearly 23,000 over the last five years. We also closed a 4,000-person maintainer gap and increased the manning levels of many career fields."

Now, Kelly said, the challenge for the Department is to keep the size of the force balanced for the future, high-end fight.

To get that done, headquarters personnel teams are reviewing voluntary

opportunities to allow for even more flexibility as Airmen make long-term career choices. These will involve waivers of some active duty service commitments, particularly focused on expanding opportunities to affiliate with the Guard and Reserve.

"We want Airmen to know their expertise is incredibly valuable, and we are reviewing steps to make it even easier to either transition to Guard or Reserve service or explore other career fields," he said.

Kelly also noted the service may no longer need all the retention bonuses the force is currently using, and will "shape the force to better match our requirements by facilitating re-training from some over-manned AFSCs to those with lower manning levels."

Kelly said involuntary programs are not being considered for FY21.

"We have to bring in the right number of Airmen each year to sustain the force throughout the continuum of service," Kelly said. "We have a plan to avoid future year-group gaps and we will announce volunteer options soon that we believe will balance end-strength appropriately."

Kelly expects to share the approved list of volunteer

See **RETENTION** Page 18

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

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On the cover

U.S. Air Force Staff Sgt. Cameron DiMatteo, 22nd Airlift Squadron loadmaster, walks inside a C-5M Super Galaxy during a base exercise Nov. 18 at Travis Air Force Base, California.

U.S. Air Force photo/Christine Minoda

WARRIOR OF THE WEEK



Courtesy photo

Name:
Tech. Sgt. Danielle Lever.

Unit:
21st Airlift Squadron.

Duty title:
NCO in charge of squadron aviation resource management.

Hometown:
Sacramento, California.

Time in service:
11 years.

Family:
Spouse, DeAnte; two children, Aiden and Jonathan.

What are your goals?
To finish my Bachelor of the Arts degree next year.

What are your hobbies?
Hiking and sports with the kiddos.

What is your greatest achievement?
Making technical sergeant.

Give all or go home – a check ride for aircrew

Senior Airman
Jonathon Carnell

60TH AIR MOBILITY WING PUBLIC AFFAIRS

A sibilant humming sound, like a swarm of roaring bees, fills the 65-foot-tall vessel.

The humming is followed by a loud series of beeps and a screeching honk heard more than 100 yards away. The flight engineer is preparing the C-5M Super Galaxy, the largest aircraft in the U.S. Air Force, for takeoff.

Despite all the noise, he manages to hear a pen scratch a sheet of paper as a flight engineer evaluator peers over the engineer's shoulder to evaluate his every move during his check ride.

"The check ride is everything, it proves the competence of a flight engineer," said Master Sgt. Kurt Nemecek, 22nd Airlift Squadron flight engineer superintendent. Nemecek was one of seven flight engineers who were evaluated over three days from Nov. 2 – 5 at Travis AFB. "A failure could warrant removal from the career field."

Every 17 months, a C-5M Super Galaxy flight engineer completes a check ride to validate their training. The examination could happen on any day, at any time. Six flight engineers from three units joined Nemecek for the evaluations earning their Federal Aviation Administration Airman's Certificate in the process.

A check ride is required by the FAA in the United States to receive an aircraft pilot's certification, a rating for additional flight privileges and for flight engineers.

There are three parts to the test: a verbal examination, which is given prior to the check ride, a test on aircraft knowledge and a practical evaluation during the flight.



U.S. Air Force photo/Tech. Sgt. Traci Keller

U.S. Air Force Staff Sgt. Alex Stoll, 6th Air Refueling Squadron flight engineer, sorts paperwork during preflight checks on a KC-10 Extender Dec. 17, 2019, at Travis Air Force Base, California. The 6th ARS aircrew flew to Scott AFB, Illinois, to update training and guidance on aeromedical evacuation procedures for KC-10 Extender aircraft.

Flight engineers are responsible for inspecting and operating the mechanical systems of their aircraft, said Maj. Kristofer Fernandez, 22nd AS director of operations. These systems include everything from the aircraft breaker panel, to warning lights, to weight distribution and cabin pressure.

"Their job requires a high

degree of skill and attention to detail allowing pilots to complete their missions," Fernandez said. "Flight engineers are the linchpin of crew resource management for the C-5M, and FAA certifications continue to validate their importance on large crew aircraft and the strategic airlift mission set. Simply put, the highly complex

systems on the Super Galaxy demand the adept technical skills of a flight engineer."

Earning the FAA Airman's Certification allows the Airmen to serve as commercial flight engineers in turbojet civilian aircraft – which could further one's aviation career outside of the Air Force, said Fernando Daleccio, Vintage Wings

Flight Engineer Services Inc. president and CEO, who certifies the flight engineers.

"It is one of the highest certifications a military flight engineer can achieve," said Daleccio.

Nemecek said the way the Air Force invests into their personnel is why he is so thankful to be an Airman.

60th APS delivers passengers, cargo



U.S. Air Force photo/Nicholas Pilch | Photo altered for security purposes

U.S. Airmen from the 60th Aerial Port Squadron ramp and transportation services load a pallet onto a C-17 Globemaster III Nov. 10 at Travis Air Force Base, California. The 60th APS is the United States Transportation Command's primary west coast aerial port providing global and passenger distribution for the United States and its allies.

Pegasus hangar receives final beam

Shaun Eagan

JOINT BASE MCGUIRE-DIX-LAKEHURST
PUBLIC AFFAIRS

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — Units at Joint Base McGuire-Dix-Lakehurst took another step forward in preparing for the KC-46A Pegasus after the final steel beam of a new hangar was set into place Nov. 25.

The completion of the framework marks a significant milestone for the project that will support operational readiness for the Air Force's newest tanker.

"This is an exciting milestone for us as we continue to prepare for the KC-46A Pegasus," said U.S. Air Force Col. Scott Wiederholt, 305th Air Mobility Wing commander. "There are various training and infrastructure requirements needed for our maintainers, aircrew and Airmen as we enter a new era of refueling. This significant moment puts us one step closer to



U.S. Air Force photo

The final steel beam for the KC-46A Pegasus hangar at Joint Base McGuire-Dix-Lakehurst, New Jersey, is lifted into place at a topping ceremony Nov. 25.

supporting Rapid Global Mobility through the new airframe."

The project started in December 2018 and is expected to complete in July 2021. The hangar will feature two bays, a wheel and tire shop, support of office spaces and a tool room.

"The construction of new infrastructure and the upcoming arrival of the KC-46 is great news for Joint Base McGuire-Dix-Lakehurst and the surrounding community," said Lt. Col. Robert Bittner, 305th

See BEAM Page 16

Disposition of personal effects

Lt Morgan Comer is authorized to make disposition of the personal property of Senior Airman Adrian Fundora, deceased, 821st Contingency Response Squadron, as stated in AFI 34-501.

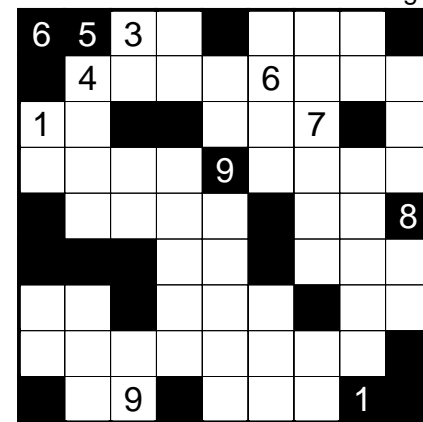
Any person having claims for or against the deceased person, please contact Comer by phone at 707-424-0861 or by email at morgan.comer.1@us.af.mil.

— 60th Force Support Squadron

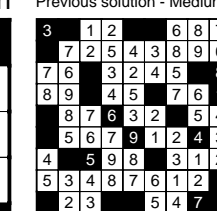
Puzzles

STR8TS

No. 519 Tough



Previous solution - Medium

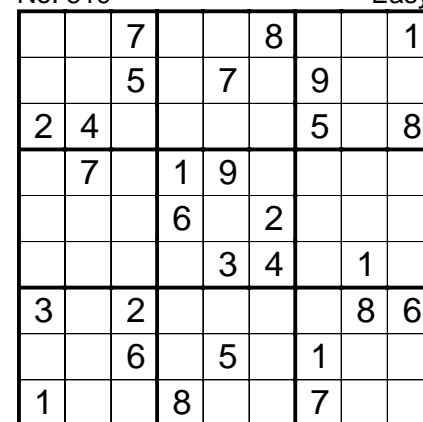


How to beat STR8TS – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

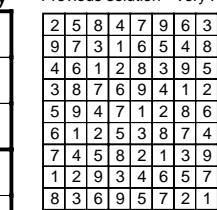
You can find more help, tips and hints at www.str8ts.com

SUDOKU

No. 519 Easy



Previous solution - Very Hard



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

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

If you like STR8TS, Sudoku and other puzzles, check out our books, iPhone/iPad Apps and much more on our store at www.str8ts.com

The solutions will be published here in the next issue.

Voluntary Leave Transfer Program

The following Travis employees are approved as leave recipients through the Voluntary Leave Transfer Program: Rebecca Austria, 60th Maintenance Group; John Butler, Special Tactics Training Squadron; Jaquaylynn Cabanlit, Travis AFB Commissary; Neftaly Clark, 1st Special Operations Force Support Squadron; David Duncan, 319th Reconnaissance Wing, Grand Forks AFB; Rabiye Hamilton, Travis AFB Commissary; Patrick Hodge United States Transportation Command, Scott AFB; Mark Holmes, 10th Contracting Squadron; Dina Patterson-Steward, 60th Aerial Port

Squadron; Jason Perkins, Grand Forks AFB; Gina Silva, Air Force Academy headquarters; Jean Sommer, Travis AFB Commissary; Maria Thammasen, 60th Force Support Squadron; and Dennis Weaver, Air Force Manpower Agency.

The VLTP allows an employee who has a medical emergency or is affected by a medical emergency of a family member and is without availability of paid leave to receive transferred annual leave directly from other employees. For more information, call 707-424-1720.

Visit Travis at [FACEBOOK.com/TravisAirForceBase](https://www.facebook.com/TravisAirForceBase)

Mobile lactation pods provide secure locations

A red indicator above the door handle indicates somebody is using the Mamava Lactation Pod Nov. 17 at Luke Air Force Base, Arizona. The pod is equipped with a table, two built-in benches, an external numeric keypad lock, internal deadbolt with external indicator showing "vacant/in use" and much more.

U.S. Air Force photo/Airman 1st Class Brooke Moeder



Airman 1st Class Brooke Moeder
56TH FIGHTER WING PUBLIC AFFAIRS

LUKE AIR FORCE BASE, Ariz. — One of three mobile lactation pods arrived at Luke Air Force Base Nov. 12, to provide a private room equipped with the resources needed for women to safely breastfeed and pump breast milk regardless of the work location.

The Air Force released an Air Force Guidance Memorandum that requires bases to establish lactation rooms for nursing mothers within unit facilities. The memo identified the requirements for the lactation pods, such as having a private, secure and sanitary area.

The results of a base-wide survey distributed in 2017 determined a need for lactation rooms, said Sharon Kozak, 56th Fighter Wing Community Action Team executive director. Beforehand, women were often using public restrooms to pump or their spouse or child's caretaker would bring their child to the workplace to feed, with little to no convenient options for privacy.

Luke AFB responded to the Airmen's needs by implementing several lactation rooms in 2019 at the Child Development Center, 56th Medical Group

Pediatric Clinic, 56th Fighter Wing Safety Building, 944th FW building 334 and hangar 999.

"I think that having a safe, clean, private place to pump, whether it be a lactation pod or lactation space (office or room with a locking door), helps allow working mothers to be significantly more productive," said Maj. Valerie Wetzberger, 62nd Fighter Squadron assistant director of operations. "There are studies that show breast milk delays and prevents illness for babies, which allows the mother to take less days/time off to be at home with a sick child. We've had mothers wean their children off breast milk before they were ready because they didn't feel they had a space to pump."

Although the lactation rooms are convenient, lactation pods are necessary as well, explained Kozak. Most lactation rooms are in locations that are only available during daytime operating hours; Airmen who work after daytime duty hours need other solutions, she said. The lactation pods are open 24/7 for use and can be moved to locations they're needed in the future.

See PODS Page 16

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Strikewerx tackles B-52 maintenance process

Sean Green
STRIKEWERX

BOSSIER CITY, La. — Air Force Global Strike Command's innovation hub, Strikewerx, hosted a "Design Sprint" event Nov. 16-19 in Bossier City to aid B-52 maintainers throughout the command.

The Design Sprint brought together industry and academia partners to improve the process for maintenance of brake pads on the B-52H Stratofortress.

The 2nd Maintenance Squadron, or 2MXS, which produces an average of 20 to 25 brakes per month for B-52s at Barksdale Air Force Base and Minot AFB, North Dakota is tasked with accurately drilling 96 individual pucks out of five stators/pressure plates. According to the Airmen of the 2MXS, the drilling of these pucks is done in specific spots, to a specific depth and all by eye, which can lead to costly damage to the plates.

Tech. Sgt. Nicholas Geiger, 2MXS section chief for bomber



Courtesy photo

Airmen and academia partners from Louisiana Tech University and Louisiana State University-Shreveport work on refining a prototype design to solve drilling of B-52H Stratofortress brakes during a Design Sprint held at Strikewerx Nov. 16-19 in Bossier City, Louisiana.

hydraulics at Barksdale AFB, estimates a loss of \$106,000 each year due to damaged plates from miss-drilling, plus countless lost man hours from a labor-intensive process.

"This was a problem long before me, so our leadership was able to bring it to Strikewerx's attention, and I think

it was an amazing event. We could have used something like this 10 years ago," Geiger said. "I am excited to see the prototype in action. This is a great tool to teach the Airmen how to drill the brakes correctly and speed up the process while also

See B-52 Page 15



U.S. Air Force photo/Senior Airman Charles Welty

Col. Eries Mentzer, 42nd Air Base Wing commander, Montgomery Mayor Steven Reed and Secretary of the Air Force Barbara Barrett join other distinguished visitors, Dec. 1 for the unveiling of a Rosa Parks memorial sculpture at Maxwell Air Force Base, Alabama.

Ceremony at Maxwell honors Rosa Parks

Senior Airman Charles Welty
AIR UNIVERSITY PUBLIC AFFAIRS

MAXWELL AIR FORCE BASE, Ala. — Air Force and Montgomery leaders honored Rosa Parks with a memorialization ceremony on Maxwell Air Force Base, Dec. 1, the 65th anniversary of Parks' arrest for refusing to give up her seat on a Montgomery bus.

Secretary of the Air Force Barbara Barrett; Montgomery Mayor Steven Reed; Col. Eries Mentzer, 42nd Air Base Wing commander; Bryan Stevenson, Equal Justice Initiative founder and director; and several other dignitaries were on hand for the unveiling of the Rosa Parks sculpture, created by Ian Mangum, a 42nd Force Support Squadron team member.

"Sixty-five years ago today, a woman about my age

refused to give up her seat on a city bus in protest of segregated transportation in Montgomery. That woman was Mrs. Rosa L. Parks," Mentzer said. "She was not tired, she was tired of giving in. Her moral courage in that moment sparked a movement that changed our nation for the better."

Parks' arrest for refusing to give up her seat sparked the Montgomery Bus Boycott, which is a well-known part of American history; however, lesser-known is that she worked as a seamstress in lodging on Maxwell Field in the 1940s.

"Today, we salute Ms. Rosa Parks, once as a civilian member of the United States Army Air Corps and forever a civil rights icon," Barrett said. "On that cold Dec. 1st,

See PARKS Page 16

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Air University hosts joint domain event

Phil Berube

AIR UNIVERSITY PUBLIC AFFAIRS

MAXWELL AIR FORCE BASE, Ala. — Military and government representatives from multiple academic and intelligence communities met in person and virtually for the first Air University Joint All Domain Operation/Joint All Domain Command and Control Symposium, Nov. 18-20.

The symposium objectives were to examine the development of concepts to ensure dominant planning, decision and execution, or PDE, cycles in highly contested and degraded environments and to identify key PDE issues affecting JADO

and JADC2 future concepts.

Air University's Curtis E. LeMay Center for Doctrine Development and Education hosted the symposium.

The more than 150 virtual and in-person attendees from across the Department of Defense and government agencies were able to participate in one of three mission-area working groups, or MAWGS: Decision Advantage, Dynamic Tasking Order and JADO Professional Military Education.

The Decision Advantage MAWG analyzed current operational and air component PDE cycles to identify where today's automation can compress the cycles.



U.S. Air Force photos/Lt. Col. Wayne Capps

Airmen assigned to the 16th Airlift Squadron load water purification systems Nov. 25 at Joint Base Charleston, South Carolina. The equipment was donated by Water Missions, a local Charleston charity, to be delivered to Hondurans affected by Hurricanes Eta and Iota. The cargo was donated in conjunction with the Denton Amendment, a State Department and USAID program that allows humanitarian aid to be flown on U.S. Air Force missions, on a space-available basis.

JB Charleston airlifts aid

Lt. Col. Wayne Capps

315TH AIRLIFT WING PUBLIC AFFAIRS

JOINT BASE CHARLESTON, S.C. — The 16th Airlift Squadron at Joint Base Charleston delivered water purification systems to Honduras following the devastation caused by Hurricanes Eta and Iota.

The water purification systems were donated by Water Missions, a local Charleston charity.

The donated cargo totaled nearly 22,000 pounds and is valued at \$81,140. According to donating organizations, the aid supplies are estimated to support the lives of 35,000 people living in Honduras.

"Right now, the quickest way to get supplies into Honduras is with the Air Force because some places are inundated with as much as eight to nine feet of water," said Mark Baker, director of disaster response for Water Missions. "Safe water is the most critical thing a person can have in the aftermath of a disaster."

The cargo was donated in



Airmen assigned to the 16th Airlift Squadron load water purification systems Nov. 25 at Joint Base Charleston, South Carolina.

conjunction with the Denton Amendment, a State Department and USAID program that allows humanitarian aid to be flown on existing U.S. Air Force missions, on a space-available basis. These missions are flown at no additional cost to the U.S. taxpayers.

"Thousands of Hondurans miss work and school

daily because of water-borne illness," according to Water Mission's Denton application. "The ability to have safe water available and local allows families to spend the hours they normally spend collecting water or sick from drinking contaminated water to have much fuller, more successful lives and break cyclical poverty."

Study seeks to increase successful job performance

Jessie Perkins

AIR FORCE SAFETY CENTER

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — The Air Education and Training Command's occupational competencies branch hosted a study as part of a process to restructure force development across all Air Force career enterprises, forging a new training mindset to assist career field managers with the development of competency-based learning models for all Air Force military career fields.

The study focuses on combining task-based knowledge and skills with other behaviors and soft skills such as teamwork, critical thinking, self-control, resiliency, leadership and stress management intended to create behavior-based outcomes.

AETC has developed the competencies through a comprehensive study and research process over the past three years, categorizing them into four major groups: Developing Self, Developing Others, Developing Ideas and Developing Organizations.

Dr. Jeffrey Richardson, AETC competency program developer, facilitated the four-day session and is leading the Air Force-wide initiative. He said he was impressed with the team and their eagerness to participate despite a location change from Joint Base Langley-Eustis, Virginia to JB San Antonio due to the pandemic.

"This is a change, a paradigm shift in individuals," Richardson said. "Instead of it being just a task-driven competency, this study recognizes the difference in a top-performing Airman versus an average performer."

Richardson added, "This benefits everyone in the Air Force because now we will be able to see self-empowered and self-driven behaviors in a competency model framework with outcome-based results."

The team for the study is working to develop an occupational competency model for the 150 safety community and is one of the first 25 career fields to participate.

"This team of safety professionals will also be developing



1) Senior Master Sgt. Bilma L. Romero, 16th Air Force, participates in an active-learning exercise during an Occupational Competency Model study Nov. 17 at Joint Base San Antonio-Randolph, Texas. 2) Tech. Sgt. Ryan Kelsey Shepherd, 37th Training Group, participates in an active-learning exercise during an Occupational Competency Model study Nov. 17 at Joint Base San Antonio-Randolph, Texas.

strategies for actively applying the occupational competencies gained during the study into actionable behaviors needed to ensure successful performance on the job and mission execution," said Chief Master Sgt. Kevin James, Air Force Safety career field manager.

"A big benefit of the study will be seen when we update our technical school training curriculum at the Utilization and Training Workshop in 2021 with improved Career Development Competencies," James said. He is excited about how these improvements will positively impact mishap investigation reporting and hazard identification

among other tasks.

The Utilization and Training Workshop's primary purpose is for career field functional leaders to determine and present training requirements to the AETC training pipeline manager and training manager of the career field. James expects to start implementing the skills learned in the study throughout the career field immediately.

Senior Master Sgt. Lucas Shay, Air Combat Command Safety Directorate superintendent at JB Langley-Eustis led the diverse team of safety professionals, which hailed from various major commands and locations throughout the Air Force.



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Exercise Roundel Gasium prepares Travis to operate anytime, anywhere



U.S. Air Force photo/Heide Couch

1) U.S. Air Force Staff Sgt. Cameron Dimatteo, 22nd Airlift Squadron loadmaster, performs a preflight safety check aboard a C-5M Super Galaxy during an exercise Nov. 18 at Travis Air Force Base, California. Airmen at Travis AFB participate in readiness exercises to ensure they can operate in contested environments.

1st Lt. Jasmine Jacobs
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Travis AFB conducted exercise Roundel Gasium to test the base's ability to survive and operate in hostile environments.

The chemical, biological, radiological, nuclear and explosive response exercise, conducted Nov. 14-20, highlighted two key components: readiness and the base motto, "No Bounds."

"Exercising our ability to operate in a contested environment is a necessary skill that will be used now and in the future keeping our warfighters safe and enabling global air mobility," said Senior Master Sgt. James Mulhall, 60th Civil Engineer Squadron readiness and emergency management superintendent.

The exercise required Airmen to respond to a variety of scenarios including engaging enemy targets, properly donning protective equipment and conducting searches in potentially CBRNE contaminated environments, all while supporting the global mobility mission.

Exercises, such as Roundel Gasium, are conducted regularly across the Air Force to ensure Airmen can survive and operate while protecting national security interests, said Mark Wilson, 60th CES readiness and emergency management installation manager.

"We want to make sure our Airmen can bring the fight to any enemy in any domain anywhere in the world," Wilson said. "Our adversaries are always looking for ways to defeat us, so we must solidify Travis' role in supporting the National Defense Strategy and ensure our warfighters are trained to the maximum extent possible."

During the week-long exercise, Airmen were evaluated by members of the 60th Air Mobility Wing inspection team on items such as wear of proper protective gear.

Information collected from the exercise will be shared with the base's senior leaders in an effort to improve capabilities, said Mulhall.

"Conducting basewide, full-scale exercises has many benefits," Mulhall added. "By exercising like we fight, those skills learned in training become second nature to our warfighters, and they are more prepared to confront the enemy."



U.S. Air Force photo/Airman 1st Class Alexander Merchak



U.S. Air Force photo/Christine Minoda



U.S. Air Force photo/Airman 1st Class Alexander Merchak



U.S. Air Force photo/Heide Couch

2) A KC-10 Extender is parked on the flight line Nov. 16 at Travis Air Force Base, California. 3) U.S. Air Force 1st Lt. Khaleb Kelsey, 22nd Airlift Squadron C-5M Super Galaxy pilot, prepares for takeoff during a base exercise Nov. 18 at Travis. 4) U.S. Air Force Lt. Col. Michael McCartney, 6th ARS KC-10 Extender instructor pilot, reads operating instructions for Aircrew Eye and Respiratory System gear Nov. 16 at Travis. 5) U.S. Air Force Airman 1st Class Emily Hardbarger, 60th Security Forces Squadron patrolman, protects a fallen comrade played by Senior Airman Vincent Mwita, 60th SFS patrolman, during an exercise Nov. 19 at Travis.

Pilch

From Page 2

scuba-dive, I didn't want to take those experiences off the table.

I decided on option two, which was two drugs, etoposide and cisplatin. I'd have to undergo 12 weeks of chemo – one week on, two off, rinse and repeat – for four cycles. This was still a stressful decision because I was adding an extra treatment cycle; I had to get a chemo-port installed in my jugular vein, in my chest – which made me feel part robot. Additionally, I'd still have a slew of side-effects to manage to include a decrease in appetite.

This was one of the worst side effects, and because I wasn't hungry, eating wasn't on my to-do list. My diet was no more than broth, the occasional craving for a grilled cheese or nachos, and a ton of ice cream – I lost almost 20 pounds.

The anxiety about impending hair loss wasn't something I was excited about, so I thought I would be proactive and shave my head. I wanted to be in control of something. After my first treatment, I shaved all my hair off, but it didn't start falling out until about halfway through my second treatment. It fell out so quickly, too. I still remember lying in bed while short little pricks of hair



U.S. Air Force photo/Nicholas Pilch

Nicholas Pilch, 60th Air Mobility Wing public affairs photographer, takes a picture of himself in the mirror March 31 at the Hematology/Oncology Clinic in David Grant USAF Medical Center at Travis Air Force Base, California. While the world was grappling with COVID-19, Pilch underwent chemotherapy for testicular cancer.

stabbed me all over.

This was a scary time for me, and the rest of the world, because I started chemo the second week of March, just as COVID-19 shut down everything and forced people into quarantine.

My oncologist, U.S. Air Force Maj. Matthew Shupe, 60th Medical Group hematology/oncology physician, cautioned me on the dangers of gathering with others. My white

blood cell count was so low that even the smallest infection could result in a disastrous threat to my health.

Chemotherapy was rough, but the nurses who were with me throughout my treatments were rock stars. My treatment days would start at 7:30 a.m. at the Hematology/Oncology clinic inside David Grant USAF Medical Center. We'd start my drip, or transfusions, and I was given four transfusions for about four

hours each visit.

To keep me hydrated, they gave me a bag of saline before each chemo transfusion. This always went right through me – so many bathroom trips. I always tried to get a chair as close as I could to the restroom.

The encouragement from family, friends and co-workers made soldiering through nausea and exhaustion bearable. I couldn't be more grateful for the 60th Air Mobility Wing Public Affairs team at Travis AFB. Everyone was a huge cheerleader during my treatment and wanted to know how they could help. They offered meals, assistance with cleaning my home and a lot of encouragement. Everyone's support was something that helped me get through these hard times.

The status of my health is not the worst news of 2020, and I feel mostly good about it. I am currently going in for regular check-ups to analyze my cancer markers, which have all been low. Every eight weeks I get my port flushed and my doctor reviews my labs. I also have scans twice a year to ensure the cancer is still being kept at bay; my next scan is in January 2021. My lymph nodes have mostly resounded to their normal size. I still get easily fatigued, but I think that's just part of recovering from chemotherapy. I hope with time I will feel 100%

normal again.

"Movember" is more than just another observance month and a reason to grow a 'sick' mustache. I encourage you to get checked regularly by health professionals any time you feel something that is even just a little off. My lump never went away, but I assumed things were good to go and it was just a part of my body. Things aren't good to go unless you get an all clear. I don't have a 100% all clear, yet, but I hope within a couple years I will. If you're good, then be thankful for that.

For more information about the different forms of cancer, as well as signs and symptoms, visit www.cancer.org.

If you have a similar story, I want to hear from you. Send me an email at nicholas.pilch.1@us.af.mil.

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B-52

From Page 7

making it safer for the Airmen to do their job.”

The Design Sprint team produced two prototypes designed by Electroimpact, of Mukilteo, Washington and Louisiana Tech University, and 3D printed at LSU Shreveport’s Cyber Collaboratory. They were then tested at Barksdale AFB’s maintenance shop.

“The problem seems small at first, a single backshop within the 2MXS spending 80 hours per month drilling, but when you look at how this one shop touches B-52 brakes across the command and it’s clear that this is a major issue that we can solve with our innovative approaches,” said Maj. Ryan Chapman, AFGSC executive chief scientist. “This team of manufacturing experts across industry and academia moved quickly to develop a solution and invest in making our Airmen’s ideas a reality.”

The event exemplified how Strikewerx helps solve challenges faced by AFGSC in a quick, efficient way.



Courtesy photo

Tyler Rourke, with Electroimpact out of Washington state, showcases a sketch of his prototype for drilling B-52H Stratofortress brakes during a Design Sprint held Nov. 16-19 at Strikewerx in Bossier City, Louisiana.

“Our second design sprint was a huge success in solving a complicated issue for the command’s aircraft maintainers,” said Russ Mathers, Strikewerx director. “Airmen who know the process and are performing the work were able to come in, work with academia and industrial experts, and see their idea not only supported, but realized by AFGSC headquarters.”

Strikewerx will continue to

host Design Sprints to tackle various issues from around the command.

“If you are an Airman out there with an innovative idea, we want to know about it,” Chapman said. “Your idea could be the next Design Sprint. You can have a team of industry and academia making your vision a reality to solve AFGSC’s issues and improve our lethality and readiness.”

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Parks

From Page 7

the diminutive, bespeckled, 42-year-old Rosa Parks took a stand by keeping her seat. Her simple ‘no’ sparked a movement for equanimity in America.”

During her time on Maxwell Field, Parks and her husband, Raymond, who worked at the military barbershop, experienced integrated public spaces and transportation while suffering segregation in the local community. In her memoir, Parks stated, “You might just say Maxwell opened my eyes up. It was an alternative to the ugly policies of Jim Crow.”

The event marks the start of a 382-day partnership between Maxwell AFB and the city of Montgomery. The partnership’s aim is to focus on diversity and inclusion so

“This memorial is a fitting tribute to her American legacy.”

— Lt. Gen. Brad Webb

everyone can “rise to their best,” Mentzer said. To make this possible, she formed the Freedom to Serve Initiative, a team of Airmen whose goal is to identify and find solutions to obstacles that may impede Airmen’s success.

“It’s an honor to commemorate such a courageous woman whose act of courage and life of activism led to many of the accomplishments and things we take for granted today,” Reed said. “We hope that by partnering with Maxwell Air Force Base for the next 382 days, we can share in ways that we can all be more inclusive and we can all do things to match ... to live up to ... the

legacy and responsibility of Ms. Rosa Parks.”

Beyond Maxwell AFB and Montgomery, Parks’ legacy has served as an inspiration for Airmen worldwide, and the Air Force is proud to consider her a part of the family.

“Rosa Parks began the modern civil rights movement in the United States in 1955, and she changed the course of history,” said Lt. Gen. Brad Webb, commander of Air Education and Training Command, who watched the event via live stream. “Her courage and conviction were an inspiration to us all, and remind me how important it is for leadership to continue having difficult conversations that lead to lasting change in our organization. History will judge how we respond to current events, and I can’t think of a better role model than Rosa Parks to help us improve. This memorial is a fitting tribute to her American legacy.”

Pods

From Page 6

“We probably won’t get pods for every building,” Wetzberg said. “But that doesn’t mean that people shouldn’t be thinking about and designating a lactation space for their Airmen who may be expecting or nursing.”

The lactation pods are equipped with a table, two built-in benches, an external numeric keypad lock, internal deadbolt with external indicator showing “vacant/in use” and more.

“The pods can be put outside the building or inside the building,” Kozak said. “The lactation pods are very sterile. All you need is to just plug them in, and they’re mobile. It’s not like a room over in the corner. It’s an actual pod.”

All Airmen, including civilian employees, who are nursing mothers are permitted to use the lactation pods. These resources enable each unit to meet mission requirements while taking care of Airmen.

“The pods provide a way for mothers to continue to be the best mom they can be while still being able to do the mission,” said Maj. Jessa Charon, 69th FS ADO and mother of four. “If you have a place to pump and you can get it done quickly and you have all the tools and the resources available, it makes you more effective at getting your actual job done.”

According to the World Health Organization and the

United Nations Children’s Fund, breast milk provides all the energy and nutrients that an infant needs for the first months of life and continues to provide up to one-third of a child’s nutritional needs up to two years of life.

Wetzberger explained that the pods help advance diversity and inclusion by bringing awareness that breastfeeding is a natural process.

“These natural things that happen need to evolve within our community, and not as an afterthought,” Wetzberger said. “So having things like lactation pods or lactation spaces for (all) Airmen allows us to be on par with other civilian organizations. It doesn’t feel like it’s exclusive to a certain rank.”

Kozak explained that implementing these much-needed resources was no easy task, and she can’t wait to see the outcome of the work everyone has accomplished.

“I think it’s extremely important, especially with how many of these young Airmen are single women with children who have enough stress in their lives,” Kozak said. “This is something that’s very natural and only benefits the mother and the child through bonding and nurturing. The benefits are overwhelming. Kudos to everyone for not giving up on this.”

For more information on the policies and procedures of breastfeeding and breast pumping, read Air Force Instruction 44-102, Medical Care Management, paragraph 4.15.

Beam

From Page 5

AMW KC-46A Project Integration Office chief.

In January 2017, JB MDL was selected to receive the KC-46A as the Air Force aimed to recapitalize an aging tanker fleet. The new aircraft is expected to have significant refueling capabilities, improved efficiency and increased aeromedical evacuation capabilities.

JB MDL has both ongoing and planned military construction projects to accommodate the KC-46A, which includes a

regional maintenance facility, simulator and maintenance facility upgrades and parking ramp upgrades, according to the PIO.

“We are proud of the hard-working men and women at this base whose efforts are preparing the base for the KC-46A,” Bittner said. “Joint Base McGuire-Dix-Lakehurst plays a critical role in our country’s national defense, and today we are excited to see that mission expand even further in preparation for the Air Force’s newest tanker.”

The 305th and 514th Air Mobility Wings will operate and maintain the KC-46A.

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Retention

From Page 3

options before mid-December.

As the Space Force is still in a purposeful phase of strategic growth, any force management decision will be evaluated for its applicability to the newly formed sixth branch of service. Space Force members will not be eligible for a voluntary ADSC waiver due to the required minimum two years

to join the new service.

"As we build the Space Force, our priority has been to do no harm and to communicate decisions with the maximum transparency possible as we transfer personnel from the Air Force into the new service," said Patricia Mulcahy, U.S. Space Force chief human capital officer. "We remain committed to that goal as we work with our partners in the Air Force to find effective solutions in addressing these force management concerns."

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1) Secretary of the Air Force Barbara Barrett, left, touches elbows with Sandy Person, U.S. Air Force civic leader and Travis Golden Bear, Nov. 20, at Travis Air Force Base, California. Barrett made a brief stop at the base to meet with base leadership and tour the Phoenix Spark lab and aeromedical evacuation facilities. 2) Barrett listens to Airmen from the Phoenix Spark lab Nov. 20 at Travis. Barrett made a brief stop at the base to meet with base leadership and tour the Phoenix Spark lab and aeromedical evacuation facilities.



1



2

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

U.S. Air Force photo/Capt. Amanda Farr

Secretary of the Air Force bumps elbows with ... TRAVIS AFB



3

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



4

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

3) Secretary of the Air Force Barbara Barrett, left, speaks with Airmen from the 60th Aeromedical Evacuation Squadron Nov. 20 at Travis Air Force Base, California. Barrett made a brief stop at the base to meet with base leadership and tour Travis' Phoenix Spark lab and aeromedical evacuation facilities. 4) Barrett, left, speaks with U.S. Air Force Col. Corey Simmons, right, 60th Air Mobility commander, while Chief Master Sgt. Stephen Scofield, 60th Maintenance Group superintendent, follows Nov. 20 at Travis.



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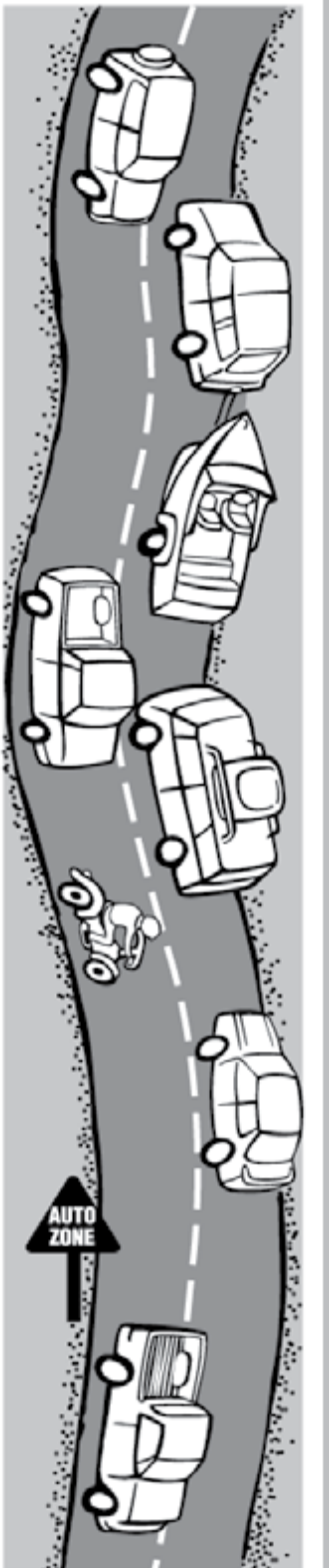


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