

TEAM EFFORT

Reservists head to New York to battle Covid-19

PAGES 10-11



TAILWIND

Commander encourages wearing masks

The Centers for Disease Control and Prevention updated its guidance April 3, recommending the general wear of cloth face coverings in areas where physical distancing is difficult to maintain, such as grocery stores, especially in areas with significant community transmission.



Commentary by Col. Jeffrey Nelson

60TH AIR MOBILITY WING COMMANDER

on DOD installations. The memo states, "Effective immediately, to the extent practical, all individuals on DOD property, installations, and facilities will wear cloth face coverings when they cannot maintain six feet of social distance in public areas or work centers."

The intent of this guidance is to echo and support the CDC recommendations. Team Travis personnel and families are not expected to wear a mask at all times while on the installation.

In line with this recommendation, I authorized the wearing of face masks in uniform for all Travis AFB personnel.

On April 5, the U.S. Department of Defense published a memorandum from U.S. Secretary of Defense Mark Esper further addressing use of cloth face coverings for DOD personnel, their families, and beneficiaries

If you are able to maintain the social and physical distancing guidance, you do not require a face covering. If the duties of your mission or nature of your business, e.g., shopping

Commander's Commentary

at the commissary, requires you to be within 6 feet of other individuals, then a cloth face covering is expected.

More guidance is expected to come and will be provided as soon as available. As directed on April 3, you are encouraged to self-procure or make your own at this time, and they should remain conservative in nature while in uniform. Refer to Page 3 for the CDC recommendations on do-it-yourself cloth face coverings, including proper cleaning and fitting techniques.

As a final note, the additional measure of protective masks should not detract from the federal, state, and county

guidelines to practice physical distancing and shelter-at-home directions to minimize exposure. Continue limiting movement to essential travel only.

Once again, I ask for your patience and continuous flexibility during this unprecedented challenge. Your leadership is engaged and actively working to ensure work centers with requirements are appropriately met. Continue to communicate with your respective chains of command if you see a need or concern that has not been addressed.

Thank you for everything you do here at Team Travis to support our incredible mission. Furthermore, thank you for your commitment to the safety and health of our Team Travis families and community.

Gyms closed? Get creative, work out anyway



Commentary by Tech. Sgt. James Hodgman

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Fitness centers across the United States have closed their doors due to the Covid-19 pandemic.

The fitness center at Travis Air Force Base shut down operations March 15 to help prevent the spread of the virus.

These closures have left many people wondering what they can do to maintain their physical fitness and exercise regularly. While it is frustrating to have limited gym access - I miss hitting the gym on a near-daily basis myself - there are several options available for people of all fitness levels to maintain or increase their physical fitness.

One simple way each of us can

Enlisted Commentary

exercise despite the Covid-19 pandemic is walking. Walking is a form of exercise that increases heart rate, burns calories and is a low-impact exercise most people can do. You can also intensify your walk or modify your stroll accordingly. Every step is one that brings you closer to enhanced wellness. Of course, if you're walking outside, you will have to practice physical distancing measures and ensure you remain six feet away from others.

For those of you who don't want to walk outside, if you have stairs in your home, simply walking up and

down them several times is a great cardiovascular and lower body exercise. You can walk or even run up and down the stairs at various intensity levels and get in a great workout.

For those of us brave enough to venture outdoors, there are several locations available to get in a good walk or a run. If you have access to a track, and Airmen and their families at Travis AFB have access to two, you can get in endurance runs, sprints, tempo runs and so many more conditioning workouts at the tracks. Those with base access can also walk or run at the Duck Pond which offers a 1.3-mile loop complete with some challenging hills.

Remember to avoid groups larger than 10 people and to practice physical distancing.

Working out at home is also possible in a variety of ways. While watching TV, you can do commercial break workouts where you perform a series of exercises during every commercial break. I enjoy doing this type of workout while I watch football games, and I've found I can get in a significant number of push-ups, squats and burpees by doing so. Even getting in a few exercises such as five squats every 10 minutes while making dinner or lunch for your family can help you

See HODGMAN Page 15

Cloth face coverings suggested

Secretary of the Air Force Public Affairs

ARLINGTON, Va. — To help combat Covid-19, the Air Force has released information that supplements Department of Defense guidance on the use of cloth face coverings, effective immediately.

To the extent practical, without significantly impacting mission, all individuals on Department of the Air Force property, installations and facilities are required to wear cloth face coverings when they cannot maintain 6 feet of physical distance in public areas or work centers.

This guidance applies to Total Force military personnel, DOD civilian employees and contractors, family members and all individuals on DAF property, installations and facilities, and does not apply within a personal residence on a military installation.

Any cloth items worn as face coverings (e.g., neck gaiters, neck warmers, balaclavas, etc.) should be functional, cleaned and maintained in compliance with current Air Force instructions, and should cover the mouth and nose.

As safety is the primary concern, commanders will decide where mission safety necessitates deviation from this guidance, for example when the cloth face covering could interfere with other facial gear. Until issued items are fully available, commanders and units may deviate in regard to uniformity while ensuring face coverings worn by uniformed military members are conservative, professional and in keeping with dignity and respect.

More info

For more on how to make masks, visit <https://bit.ly/2RkzuTm>.

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



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cdc.gov/coronavirus

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

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

Daily Republic

- Nick DeCicco, Tailwind editor
- Todd R. Hansen, Copy editor

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Deadline for copy is 4:30 p.m. Friday for the following Friday's issue. Swap ads must be brought to Bldg. 51 by noon Monday for possible print in that Friday's issue. Emailed or faxed Swap Ads are not accepted.

Those on base wishing to receive home delivery of the Tailwind can call 427-6975 today.

For information on paid advertising and on base circulation, call 425-4646. Correspondence can be sent to: Daily Republic, 1250 Texas St., Fairfield, CA 94533 or faxed to 425-5924.

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.

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On the cover

U.S. Air Force Capt. Luke Vera, 60th Dental Squadron, exits a medical bus April 5 at Travis Air Force Base, California.

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

Basic training speeds up grad dates

737th Training Group

JOINT BASE SAN ANTONIO-LACKLAND, Texas — Basic Military Training will temporarily graduate new Airmen in training week seven.

To fully maximize training effectiveness and space utilization to mitigate Covid-19, the U.S. Air Force Basic Military Training will accelerate BMT from eight and a half weeks to seven weeks of training according to Col. Michael Newsom, BMT commander.

This will allow BMT to restructure and enhance social-distancing requirements across the training campus to ensure the safety and security not just for the trainees, but for the Military Training Instructors, other active-duty members, civilians and contractors that support the mission.

Also, there will be rescheduling of recruit accessions to maintain social distancing mitigation efforts as to how BMT is innovating how Airmen are trained in order to meet the national security needs of the nation.

Therefore, all trainees in the BMT pipeline will graduate one week earlier than scheduled and ship directly the next day to their technical-training assignment.

All graduations will continue to be livestreamed.

The upcoming graduation schedule is as follows:

- April 16: From 320th TRS: Flights 287 through 302.
- April 23: From 323rd TRS: Flights 303 through 318.
- April 30: From 331st TRS: Flights 333 through 348.
- May 7: From 324th TRS: Flights 349 through 362.
- May 14: From 737th TRSS: Flights 363 through 376.



U.S. Air Force photo/Airman 1st Class Cameron Otte

Jacqueline Bradford, 60th Medical Group office assistant, disinfects the prescription refill kiosk March 30 at Travis Air Force Base, California. Travis AFB pharmacies implemented multiple procedures to combat Covid-19, including wiping down surfaces that are commonly touched by people.

Pharmacies alter pickup

Airman 1st Class Cameron Otte

60TH AIR MOBILITY WING PUBLIC AFFAIRS

The Base Exchange Satellite Pharmacy and David Grant USAF Medical Center Pharmacy at Travis Air Force Base, California, implemented a new mitigation procedure called Touchless Pickup on March 16.

The procedure will be in place until Coronavirus Disease 2019 is under control.

The pharmacies are utilizing the Touchless Pickup procedure to help mitigate the spread of the virus. The pharmacies remain open to all eligible beneficiaries.

“The Touchless Pickup procedure will work similar to the normal way we operate,” said Senior Master Sgt. Holly Burke, 60th Medical Group pharmacy flight chief. “Before entering the pharmacy, all patients will be required to answer questions to confirm they don’t have any of the common symptoms the coronavirus is known to cause. Once patients have been verified to not have symptoms and are granted access, they will need to get a ticket from one of our kiosks.”

The virus can survive for several hours on surfaces, so each kiosk is cleaned every

30-minutes, Burke added.

Base pharmacy professionals also came up with ways to promote physical distancing.

“To promote social distancing, we laid out red tapes that form a line in front of our kiosks,” said Burke. “Patrons will wait in single file behind each tape to ensure a safe distance between one another. There are also plastic barriers placed on every other chair to ensure proper space between each person waiting to be called.”

Additionally, pharmacy technicians now have clear, plastic barriers between them and their customers,

Burke said. Customers simply hold up their identification cards, and the pharmacy technicians can verify identities and retrieve prescriptions while maintaining physical distance.

“Our primary goal right now is to keep Team Travis safe while providing our customers with continuous medical care,” said Col. Kristen Beals, 60th Medical Group commander. “The procedures our pharmacies have put in place to mitigate the spread of Covid-19 enable us to do just that.”

To activate new prescriptions from DGMC or network providers, call 707-423-7657.



U.S. Air Force screen shot

The 18 members of the Commanders Jazz Ensemble perform “The Last Dinosaur” in a video posted March 27 to the U.S. Air Force Band of the Golden West’s Facebook page. Each member recorded themselves playing with a smartphone and the audio and video were edited into a single performance. The piece, written by Senior Airman Ally Albrecht, top row, third from left, was performed in this fashion to continue the mission while respecting social distancing orders due to the ongoing coronavirus global pandemic.

Jazz group unites via video

Nick DeCicco

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Physical distancing recently proved no limitation in bringing together members of the Commanders Jazz Ensemble.

The 18-member group at Travis Air Force Base, California, one of several in the U.S. Air Force Band of the Golden West stationed at Travis, came together via a music video posted to social media to deliver an original piece by one of its members.

A video performance of “The Last Dinosaur,” edited to include all of the group’s members, was uploaded March 27 to the band’s Facebook page.

The song, composed by Senior Airman Ally Albrecht, Band of the Golden West trumpeter, is introduced by Maj. Joseph Hansen, the band’s commander.

“We have a unique capability to reach into people’s hearts through the medium of music, whether it is in the performance of a ceremony, concert, parade or other gathering,” Hansen said later via email. “In the unique time of not being able to safely gather groups

of people, we have had to significantly grow our video production capability. It has been a challenging and rewarding experience as we have created music videos where we tell the stories of Airmen, honor veterans who’ve come before us and reassure people across the globe that the U.S. Air Force continues to be ready for any threat.”

Master Sgt. Ricky Sweum, NCO in charge of the Commanders Jazz Ensemble and administration support section chief for the band, as well as a saxophonist, said the concept was inspired by American composer and conductor Eric Whitacre’s “Virtual Choir” projects. Singers record and upload videos from around the globe via their smartphones to be synchronized into a single performance.

“As Air Force musicians, our mission is to connect, honor and inspire the American people, so creating an ‘at home’ video performance seemed like a strong way to continue our mission under these circumstances,” Sweum said.

The piece was recorded individually on the Commanders

Jazz Ensemble members’ 18 smartphones and then weaved together by Sweum. The video is the result of more than 40 hours of recording, coordination and effort, he said.

The production was built

See JAZZ Page 18

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TRICARE offers telemedicine services

TRICARE

TRICARE covers certain telemedicine services.

You may be able to see a TRICARE-authorized provider without leaving your home. Using a computer or smartphone, you connect with your provider by secure video conferencing.

“In light of Covid-19, we want to cut down on patient and staff contact,” said Dr. John Kugler, director of the Clinical Support Division at the Defense Health Agency. “Telemedicine may be an option to meet with your provider.”

Ask your provider if they offer telemedicine services. Not all providers do. If you have TRICARE For Life, use Medicare guidance on telehealth.

Covered medically necessary telemedicine services include some: office visits; preventive health screenings; and telemental health services such as individual psychotherapy,

psychiatric diagnostic interviews and exams, and medication management.

Because of the public health emergency, the DHA is looking at the use of telemedicine. This includes finding new ways to support caregivers of those getting applied behavior analysis.

Using telemedicine services

Depending on your TRICARE plan, you may first need an authorization or referral. Ask your regional contractor for help. Active-duty service members need a referral for telemental health care.

Telemedicine services don't include audio-only conferencing, phone calls or texting.

The Department of Defense and the DHA continue to monitor Covid-19 developments. Sign-up for email alerts, read TRICARE and Covid-19 frequently asked questions, and check for updates on the TRICARE website.



U.S. Air Force photo/Tech. Sgt. Joshua Arends

Staff Sgt. Jacquelyn Stavlo, 8th Medical Group mental health technician and Alcohol Drug Abuse Prevention and Treatment program NCO in charge, reviews a substance abuse treatment manual March 10 at Kunsan Air Base, Republic of Korea. Stavlo was formerly stationed at Travis Air Force Base, California.

Twin wolves part of same pack

Tech. Sgt. Joshua Arends
 8TH FIGHTER WING PUBLIC AFFAIRS

Staff sergeant was stationed at Travis

GUNSAN, South Korea — It's not unheard of for identical twins to join the military, or even the same branch, but it's not every day that twins get assigned to the same base at the same time.

After almost seven years of living apart, Staff Sgt. Jacquelyn Stavlo and Senior Airman

Kat Stavlo are serving concurrent assignments with the Wolf Pack at Kunsan Air Base.

Jacquelyn and Kat are serving 12-month remote assignments supporting the 8th Fighter Wing mission. Jacquelyn works as an 8th Medical Group mental health technician and Alcohol Drug Abuse Prevention and Treatment program

NCO. Kat works as a line delivery driver for the 8th Maintenance Squadron munitions shop, transporting munitions to equip F-16 Fighting Falcons aircraft prior to take off.

For both sisters, joining the Air Force was a perfect fit. It gave them the opportunity to **See WOLVES Page 12**

Commissaries critical to mission

Defense Commissary Agency

FORT LEE, Va. — The Defense Commissary Agency's stores, central distribution centers and its central meat processing plant have been designated mission-critical in the Department of Defense's response to the Covid-19 pandemic.

Virginia S. Penrod, acting assistant secretary of defense for Manpower and Reserve Affairs, announced the action in a memo published March 25

to the military secretaries and commanders of geographic combatant commands.

Penrod's designation reinforces the commissaries' mission as being vital to military sustainment and readiness. “Providing for the care and feeding of our military members and families is a critical requirement that must be accomplished at all health protection condition levels,” she wrote in the memo.

Since the start of the coronavirus outbreak, DeCA has

used critical hire authority to fast-track the hiring of store employees needed to help keep stores properly staffed. The memo addresses potential staff shortages by alerting the military to be “prepared to support sustainment of commissary operations with uniformed members and assets.”

Other measures spelled out in the commissaries' mission-critical designation include the following:

Installation commanders **See COMMISSARIES Page 18**

Read PDFs of the TAILWIND online at tailwind.dailyrepublic.net and the SharePoint



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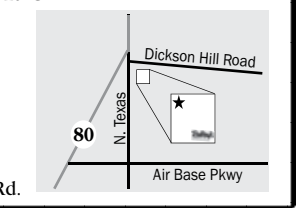
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CRW keeps workers connected

Staff Sgt. Sarah Brice
621ST CONTINGENCY RESPONSE WING
PUBLIC AFFAIRS

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — While many members of the 621st Contingency Response Wing are teleworking during the Covid-19 crisis, two Airmen are still coming in to work to keep an essential part of the mission going at Joint-Base McGuire Dix Lakehurst, New Jersey.

A challenging situation appeared March 9, just a little more than a day before JB-MDL announced a policy to limit in-person essential

missions and maximize teleworking in response to Covid-19. A new virtual private network came out and everyone's computers needed to be updated. VPN mimics government networks and allows employees to telework.

Since everyone was suddenly teleworking, Staff Sgt. Kevin Schroeder and Senior Airman Jonathan Cogdell, 621st Contingency Response Support Squadron client systems technicians, were flooded with a deluge of people needing help with their VPN for the first week of Covid-19.

"Cogdell and I have been

killing it just making sure people can work from home," said Schroeder. "We understand how important our job is because if we're not doing it, other people can't do their jobs. Our customers are first."

The flood has died down, but the client systems Airmen still stay at work to help with any critical problems that arise. Their job includes fixing government hardware, software and mobile devices. Each Airman takes care of 8-10 cases of equipment problems every day on top of routine paperwork and other office tasks.

See **TELEWORKERS** Page 12

Puzzles

STR8TS

No. 485 Easy

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

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

Previous solution - Medium

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

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. 485 Tough

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

The solutions will be published here in the next issue.

Previous solution - Medium

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

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

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.
- Jaqualynn 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
- 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)

Jolly Green II helicopter taken to extremes

Samuel King Jr.

EGLIN AIR FORCE BASE PUBLIC AFFAIRS

EGLIN AIR FORCE BASE, Fla. — An HH-60W Jolly Green II, the Air Force's new combat search and rescue helicopter, completed a month-long trial of extremes inside the McKinley Climatic Lab April 2.

The Sikorsky test aircraft endured temperatures ranging from 120 degrees to minus-60 degrees Fahrenheit as well as 45 mph winds coupled with heavy rainfall. All of those scenarios were created within the lab's 55,000-square-foot test chamber.

The goal of these tests was to prove the new aircraft's sustainability in any operational environment.

"Operating the HH-60W in the extreme conditions was a truly unique experience as a pilot and a tester," said Lt. Col. Ryan Coates, 88th Test and Evaluation Squadron pilot, who also performed most of the testing. "Checking system performance under the stress of heat, cold, heavy wind and rain will give us real-world data regarding the helicopter's capability to perform the rescue mission worldwide in various environments, which is exactly what the operator needs to make solid employment decisions."

Once the lab technicians created extreme environments, the aircrew would enter the aircraft and perform various test procedures. The crew would execute their preflight checklists and perform tasks to see if the extreme conditions affected any of the avionics, electronics, engine and other systems.

The aircrew performing the procedures were also test subjects themselves. Their reactions and movements were evaluated in the harsh environments. For example, the cold-weather gear worn by the aircrew is much bulkier than a standard flight suit. One of the evaluations was to ensure the pilots could easily reach all of the aircraft controls in the thicker cold-weather gear.

A significant amount of the test schedule was dedicated to preparing the chamber for



U.S. Air Force photo/Samuel King Jr.

An HH-60W Jolly Green II sits under bright lights used to create heat in the McKinley Climatic Lab March 19 at Eglin Air Force Base, Florida.

extreme conditions. McKinley's lab professionals create, break-down, and recreate again for each new test environment. Technicians worked continuously to go from a superheated 100-degree desert condition to a below-freezing icebox in only three days.

"McKinley Climatic Laboratory maintains quickness and technical proficiency by retaining our own staff of highly experienced welders, machinists, electricians, instrumentation experts, test assembly personnel and refrigeration operators," said William Higdon, the lab's technical advisor. "Our main mission is to support the warfighter and to ensure any environment they encounter in

the field; their equipment has already been proven in those extremes."

The Jolly Green II created some unique challenges for McKinley Lab personnel. The lab technicians created a system specifically for the HH-60W to remove the aircraft's exhaust. Thorough exhaust removal is a critical part of maintaining the controlled temperature conditions needed for chamber testing, according to lab technicians working on the test.

The design of the ventilation system meant the aircraft's blades were removed for the duration of the testing. The lab's in-house fabrication shop also specially designed

brackets for the aircraft's weapons among other items.

"Successful completion of this test is absolutely shared with the Sikorsky and McKinley teams," said Ben Walker, 413th Flight Test Squadron lead test engineer for the effort and Air Force PALACE Acquire journeyman. "Everyone worked together extremely well and we completed on time and on budget. I am very thankful for this opportunity to perform exciting engineering work, while also supporting the warfighter."

After testing in the climatic lab, the HH-60W will return to Sikorsky's test facility in West Palm Beach for further evaluation. The HH-60W

developmental test program is a joint effort between Sikorsky, the 413th FLTS, the 88th TES and Air Force Operational Test and Evaluation Center. Test aircraft are primarily split between Duke Field here and Sikorsky's West Palm Beach facility.

"Testing on the combat rescue helicopter continued amidst the chaos of COVID-19," said Lt. Col. Wayne Dirkes, 413th FLTS operations officer. "While the situation could change at any moment, we have not lost any test schedule thus far. That is a testament to the entire team's attitude and willingness to work through challenges."

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Mobility Airmen transport medics, supplies to aid in fight against virus



1) Jack Inman, a transient alert aircraft servicer, marshals a C-17 Globemaster III before takeoff April 5 at Travis Air Force Base, California. The aircraft arrived from March Air Reserve Base, California, shortly after noon to transport U.S. Air Force Reserve medics from Travis AFB and Beale AFB as well as March ARB, California, to Joint Base McGuire-Dix-Lakehurst, New Jersey, to support the fight against Covid-19. Approximately 30 minutes after landing, the C-17 was back in the sky. 2) A C-17 taxis toward its parking spot April 5 at Travis. 3) A C-17 awaits passengers April 5 at Travis.



Story and photos by
Tech. Sgt. James Hodgman
 60TH AIR MOBILITY WING PUBLIC AFFAIRS

U.S. Air Force Reserve mobility Airmen from California answered an urgent request April 5, deploying medical personnel to the state of New York to help combat Covid-19.

Within a few hours of notification, aircrew from March Air Reserve Base took to the sky in C-17 Globemaster III aircraft bound for Joint Base McGuire-Dix-Lakehurst, New Jersey.

A crew from the 452nd Air Mobility Wing departed April 5 with Air Force Reserve medics from the 940th Air Refueling Wing, Beale AFB, California; 349th AMW, Travis AFB; and 452th AMW, March ARB.

“It’s important to get our Reservists out the door quickly to help combat the spread of Covid-19 and take care of Americans,” said Brig. Gen. Stacey Scarisbrick, Air Force Reserve Command Force Generation Center commander.

According to AFRC, the command mobilized more than 120 doctors and nurses, along with respiratory technicians, who departed their home stations for JBMDL for further in-processing with the U.S. Northern Command’s Joint Forces Land Component Command, based out of New Jersey.

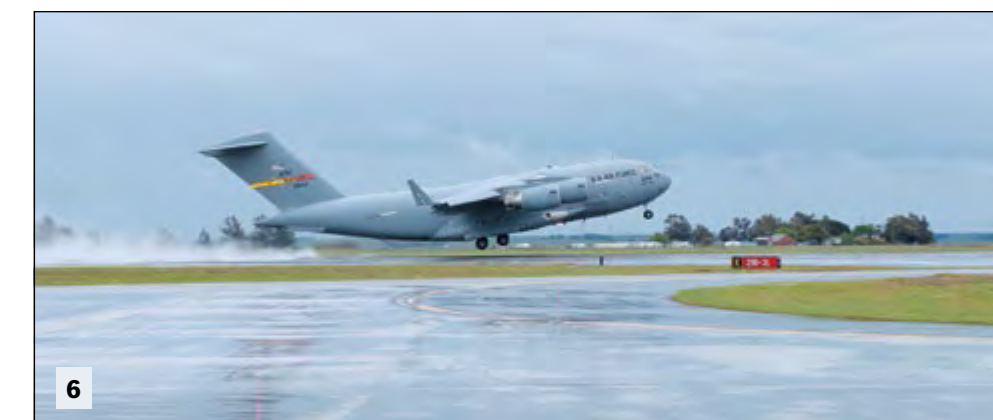
The medical professionals are slated for follow-on movement to New York City’s Javits Center, a 2,910-bed field hospital, which is one of the largest in the United States.

“California is stepping up to help our fellow Americans in New York and across the country who are being impacted the hardest right now by the Covid-19 pandemic,” said California Gov. Gavin Newsom.

The governor announced April 6 the state would loan 500 state-owned ventilators to the states most impacted by Covid-19, starting with New York, which as of April 6, has more than 122,000 cases of the virus.

Chief Master Sgt. Derek Crowder, 60th Air Mobility Wing command chief, said the country must come together to fight Covid-19 and Team Travis is ready to help the nation in any way.

“It doesn’t matter if you’re an active-duty Airman, civilian or a Reservist, we are here to answer the call at a moment’s notice,” he said. “We are in this together, and we will get through this together.”



4) U.S. Air Force Airmen assigned to the 60th Medical Group walk toward a medical bus April 5 at Travis Air Force Base, California. The Airmen assisted U.S. Air Force Reserve medics from Travis, Beale AFB and March Air Reserve Base, California, as they boarded a C-17 Globemaster III bound for Joint Base McGuire-Dix-Lakehurst, New Jersey, to support the fight against Covid-19. This photo was altered for security reasons per the Department of Defense style guide. 5) Jack Inman, a transient alert aircraft servicer, marshals a C-17 before takeoff April 5 at Travis. 6) A C-17 takes off April 5 from Travis.

Wolves

From Page 7

have stable careers, travel the world and serve their country all at the same time.

“I wanted to go overseas before separating from the military and I wasn’t really picky about the location,” said Jacquelyn. “I didn’t know where I would end up, but I was looking forward to new opportunities at a new duty location.”

The Stavlo family has a history of service, with the sisters’ father and grandfather serving with the Army. In 2013, Jacquelyn was the first Stavlo sister to escape the small-town life of Deerlodge, Montana, and join the Air Force immediately after graduating high school.

“There was always a part of me that knew the military would be something I would pursue,” said Jacquelyn. “When I signed those enlistment papers, I knew I wanted a job where I could help people or work on planes.”

Kat stayed in Montana after the sisters’ high school graduation and worked various jobs before joining the Air Force in 2016.

“I was looking for something different because you need a trade to work and support yourself in Montana,” said Kat. “To be frank, my dad kept telling me I couldn’t work dead end jobs for the rest of my life and at that point, my sister’s recruiter had become a family friend.”

With the recruiter’s mentorship and guidance, both sisters were able to join the Air Force with a guaranteed spot in a career field that interested them. Jacquelyn was assigned to Travis Air Force Base, California, for the first five years of her career.

“I remember moving to California being such a culture shock after living in Montana,” said Jacquelyn. “I really grew in California.”

Kat’s first station was at the one and only Wolf Pack in 2016, followed by two years at Spangdahlem Air Base, Germany, before coming back to the 8th Fighter Wing last year.

“I couldn’t wait to come back to Kunsan. The base was super tight knit, especially



U.S. Air Force photo/Tech. Sgt. Joshua Arends

Senior Airman Kat Stavlo, 8th Maintenance Squadron munitions shop line delivery driver, communicates with her shop about a delivery of munitions March 27 at Kunsan Air Base, Republic of Korea. Stavlo is serving her second short tour-assignment at the Wolf Pack.

when the curfew was still in effect,” said Kat. “During those days, you spent a lot of time with your coworkers and made great friends.”

During Kat’s first year at Kunsan, Jacquelyn came to visit and experienced the local culture and food firsthand. The love for Korean cuisine and trying new foods is a passion both the sisters share.

The twins look nearly identical, but that’s where the similarities stop. Unlike many twins who dressed alike growing up, Jacquelyn and Kat were very distinct individuals at a young age. Kat likes to point out that their push for individuality started when they could both dress themselves at 3 years old. Kat preferred to keep her hair short ever since she was a child, while Jacquelyn has always had long golden locks.

“We look a lot alike, but definitely don’t dress the same,” said Jacquelyn. “We do hang out, but I think being stationed at different bases has provided us the ability to be our own independent people.”

Kat, like her sister, is quick to point out they are very much their own persons when asked to list what traits they share.

“We do have somewhat similar interests when it comes to how we spend our time, but Jacquelyn likes to ski and I like to snowboard,” Kat joked. “She likes to cook, while I like to steal food from my friends.”

There are many benefits to having a sibling stationed at the same base. Both sisters have friend groups that have some cross over, and because Kat arrived two months earlier than her sister, Jacquelyn had a friend she could hang out with when she first arrived.

“I think it’s cool having my sister here,” said Jacquelyn. “It’s nice to know I have family close by and I think a lot of people would want that.”

Since they arrived at Kunsan, they have focused on doing their jobs to the best of their abilities while building tight-knit relationships within their social circles. Jacquelyn is working to finish her Certified Alcohol and Drug Abuse counselor certification, while Kat is taking classes to complete her Community College of the Air Force degree.

When asked what they bring to the Wolf Pack, their distinct personalities are seen in their responses.

“In the big picture, I may only be one small piece within the clinic,” said Jacquelyn. “But I know, no matter how small my position, I can help people lead happier and healthier lives.”

“Munitions,” quipped Kat with her deadpan sense of humor. “I really like the people I work with in ammo. We have such a tight-knit community that comes from being by ourselves on the other side of the base and we’re always there for each other.”

Both sisters have aspirations they would like to pursue outside of the Air Force. Jacquelyn would like to attend culinary school, and Kat wants to pursue a career in wildlife conservation working with wolves.

The twins have a couple of years left in their current service contracts, and they are looking forward to their overseas follow-on assignments. Kat will be heading to Osan Air Base, while Jacquelyn will continue on to Aviano Air Base, Italy.

Until that time, they get to do something most service members never have the privilege to experience: Serving overseas with family.

Teleworkers

From Page 8

Schroeder said that working in the information technology field is usually a thankless job. This sort of reception could be difficult to handle when they’re one of the only people working in an otherwise empty building because everyone else is teleworking.

However, 621st CRW leadership has taken note of Cogdell’s and Schroeder’s dedication, teamwork and positive attitude during these trying times. Their direct supervisor has stopped by to ask how they’re doing and provide the Airmen with disinfectants for the equipment they work on, and their own wing commander comes in frequently to ask them if there is anything he can do to help.

“Their hard work and resilience through the Covid-19 pandemic has truly been inspiring,” said Lt. Col. Shane Hughes, 621st CRSS commander. “Every time I walk into the communications office, they are there solving problems with a positive attitude and smiles on their faces.”

Schroeder said that his leadership is essential for him and Cogdell to get their mission done.

“I’ve been in the Air Force for some time, and this is the best group of leaders I’ve had,” said Schroeder, “If it wasn’t for leadership we wouldn’t be able to do what we do.”

A common saying among comm is “no comms, no bombs,” meaning they help the mission run, and the 621st CRSS comm will keep the mission running during this unique Covid-19 situation.

“We’re glad to do our job and play our part,” said Schroeder.

Schroeder and Cogdell are a part of a team of six total client systems technicians assigned to the 621st CRW. They are the only ones managing any concerns in their field that apply to the east coast operating location while a team of four Airmen from the 821st Contingency Response Support Squadron assist customers performing the wing’s unique, bi-coastal mission at Travis Air Force Base, California.

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Hodgman

From Page 2

stay fit.

If you have a jump rope at home, you could do several rounds of jump rope where you jump for 30 seconds and take 20-second breaks. After 10 minutes of jumping, you may feel pretty worn out as that's a great workout. You can enhance that or modify the workout to suit your needs. You can also perform an exercise as many times as possible in a certain amount of time. For instance, you could choose to do one-minute rounds of push-ups, burpees and crunches and take a 1-minute break once you've completed each exercise. Challenge yourself to get in as many rounds as possible and remember to maintain good form throughout each exercise. Never sacrifice form for speed as doing so could cause injury.

Technology has also made working out at home much easier than ever before. There are numerous fitness applications available and many can



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

The fitness center at Travis Air Force Base, California, has been closed since March 15.

be accessed on smartphones, tablets or computers. Below is a list of a few options you may want to consider.

Wellbeats is a fitness company that offers a variety of strength training and cardio workouts online and through their application. It's available for download on smartphones and tablets. The Travis community can access Wellbeats workouts for free through April 30 by using code 57a4df63 at sign-up. For more information, visit <https://portal.wellbeats.com/#/idle>.

The Beachbody on Demand app, which can also be downloaded on nearly any device, is another option for people to exercise from home. Beachbody

offers a variety of fitness programs such as Insanity, P90X and Morning Meltdown 100. Many of the workouts in those programs offer bodyweight only workouts so no equipment is required. For a monthly fee, people can access Beachbody programs either online or through the company's app. For more information, visit www.beachbodyondemand.com

The site, www.skimble.com, is another option. It offers a variety of strength and conditioning workouts to customers both online and through its app. People can create their own workouts or access a workout through Skimble's vast database of fitness routines.

I hope this information helps people continue their fitness journey despite the challenges Covid-19 brings.

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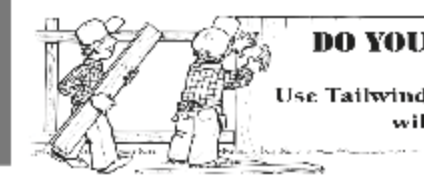
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Commissaries
From Page 7

should ensure continued installation access for resupply trucks and commissary-related support services such as linen services and mission-critical commercial activities contractors. However, this authority excludes non-mission critical contract services and personnel such as delis, bakeries, sushi stations, flower shops and seafood stations.

Commissary store directors can decide locally the patron purchase limits needed to ensure their stock levels meet patron demand. Exceptions to this authority can occur if installation commanders establish limits in accordance with Department of Defense Instruction 6200.03.

Store directors can make operational decisions to ensure the safe and efficient operation of their commissary in areas such as operating hours, days and staffing levels. Exceptions to this authority can occur if installation commanders establish limits in accordance with DoDIs 6200.03 or 6055.17.

DeCA can submit requests for joint force personnel or logistics support through the Office of the Under Secretary of Defense for Personnel and Readiness to the Joint Staff.

Installation commanders can override their commissaries' mission-critical designation, in accordance with DOD instructions, if they determine public health and emergency management concerns are more significant.

In late February, DeCA stood up its emergency operations center to mobilize the agency's support to its 236 stores worldwide amid the Covid-19 outbreak. Commissaries also intensified their partnership with industry suppliers to support the needs of senior leaders on the ground at each location, said retired Rear Adm. Robert J. Bianchi, DOD special assistant for commissary operations.

"Being designated mission-critical further reinforces our responsibility to effectively and efficiently deliver the commissary benefit to the millions of service members and their families worldwide who need it during this outbreak," Bianchi said. "We do this in concert with our installation commanders to decide what's needed as far as social distancing and the hours or days to designate in best serving our military communities."

Jazz
From Page 5

layer by layer. First, the drummer recorded while playing to a metronome click from earphones. This track was sent to the bassist, who built on top of that, which was combined and sent to the guitarist. Last came the centerpiece of the ensemble, the horns: lead trumpet, lead trombone and lead saxophone players recorded their parts followed by the players in their sections.

After all the audio was mixed and mastered, the video was brought into an editing program where each individual video was synced to the final audio, Sweum said.

"Since the Covid-19 'stay home' direction hit America, some civilian music orchestras were already doing similar

from home' video projects and I wanted to be one of the first military bands to give a product like this to our online community," Sweum said.

The ensemble intended to debut Albrecht's piece during a string of Commanders Jazz Ensemble performance in Southern California in March that were canceled due to the pandemic. The composition also was chosen to recognize National Jazz Appreciation Month in April.

"The title, 'The Last Dinosaur,' is a metaphor for the rarity and near extinction of the 18-person full-sized jazz big band," Sweum said. "In

America during the swing era of the 1920s-'30s, full-sized jazz big bands were omnipresent as the popular music performance format; however, a century later in America, full-sized jazz big bands are almost extinct."

Hansen said the band intends to continue using video as a means to connect with Airmen and push the mission forward despite the challenges presented by the stay-at-home order. A video posted April 3 combined the talents of Senior Airman Mike Tuck, guitarist, and Tech. Sgt. Troy Griffen, drummer, from the U.S. Air Force Band of the Golden West's Mobility rock band, with Tech. Sgt. Mike Wittrien, a bassist with Max Impact, the Washington, D.C.-based rock group of The United States Air Force Band, for example.

"This has been an opportunity for us to be extra creative, both in writing and performing new music, but also in producing content meant exclusively for people's devices," Hansen said. "In April, please watch our Facebook and Instagram pages for performances from both woodwind and brass quintets, as well as music from our pop, rock and country ensemble, Mobility. We will be releasing content each Friday, and sometimes more often. We are developing a series meant for children also, since this is the Month of the Military Child."

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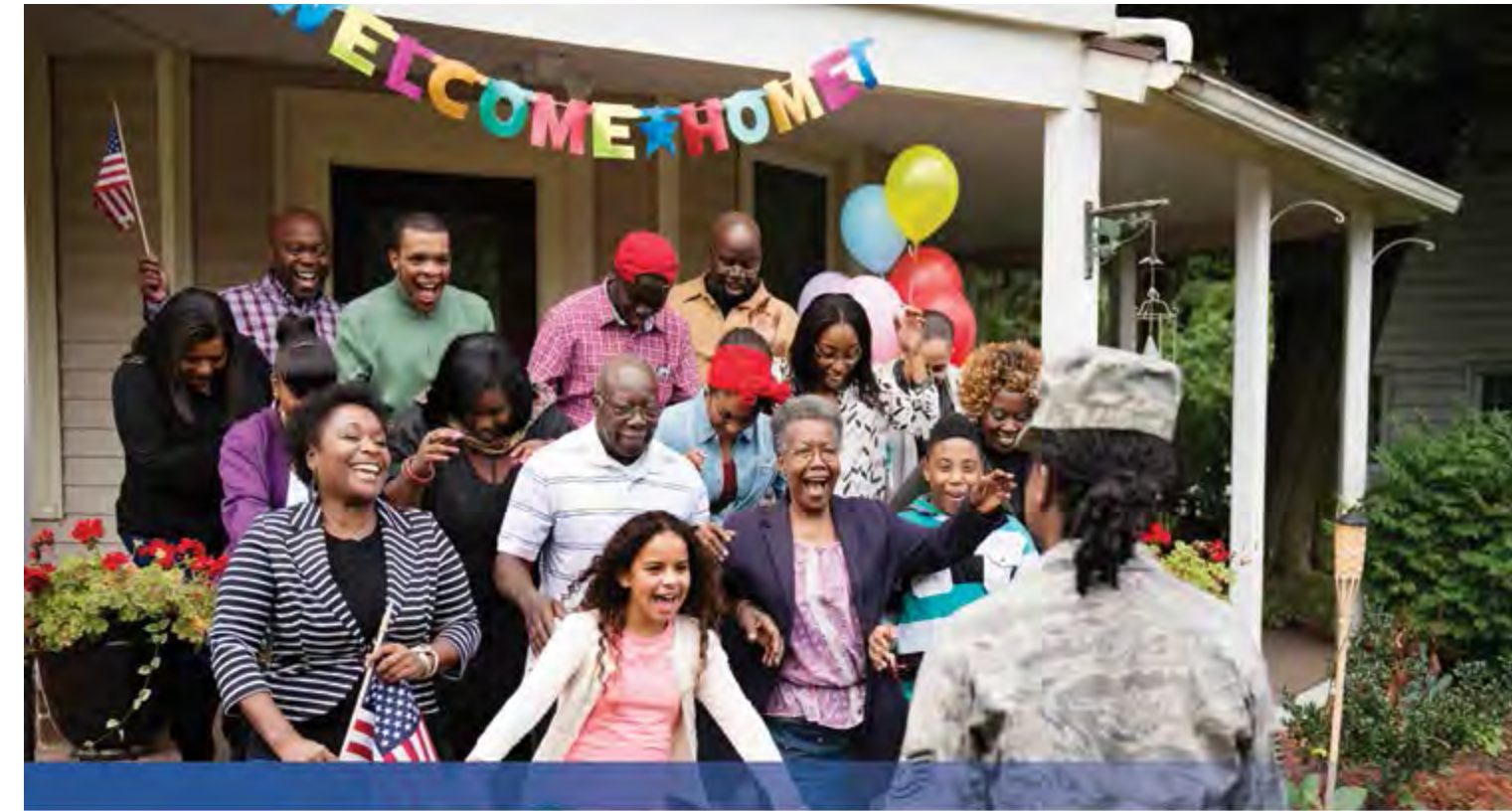


U.S. Air National Guard photo/Tech. Sgt. Colton Elliott



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

1) NASA's Super Guppy arrives March 22 at the 179th Airlift Wing in Mansfield, Ohio. The 179th AW is assisting the Super Guppy in transporting parts of the Orion Space Project that recently completed testing at the Glenn Research Center in Sandusky, Ohio. 2) A B-2 Spirit assigned to Whiteman Air Force Base, Missouri, prepares to take off March 20 at RAF Fairford, United Kingdom. 3) An F-16 Fighting Falcon from the 120th Fighter Squadron performs a flyby maneuver over the runway March 31 after returning from a practice alert scramble intended to enhance proficiency training for pilots and crew at Buckley Air Force Base, Colorado.



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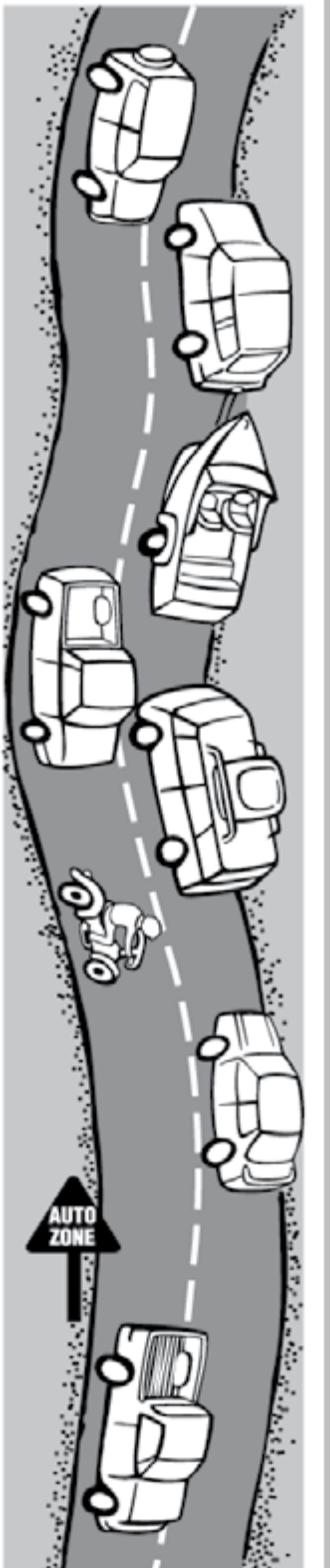
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