



60th Aerial Port Squadron embodies ...
DIVERSITY



PAGES 10-11



*I want the wisdom and knowledge to lead, participate in, and listen to necessary conversations on racism, diversity and inclusion.
 I want the wisdom and knowledge to lead those willing to take committed and sustained action to make our Air Force better.*

— Gen. Charles Q. Brown, Chief of Staff of the Air Force

Air Force pushes PT tests to April 2021

Secretary of the Air Force Public Affairs

WASHINGTON — The Department of the Air Force announced physical fitness assessments will resume April 2021 and will no longer include the waist measurement component.

To ensure social distancing practices remain in place during the ongoing COVID-19 pandemic, and to give Airmen and Space Professionals time to prepare, testing was delayed from October to January and is now further delayed to April.

While the waist measurement is permanently removed from the assessment, height and weight measurements will resume October 2021.

“We trust that our Airmen understand the standard of good physical health practices and we are all finding innovative ways to stay fit,” said Air Force Chief of Staff Gen. Charles Q. Brown, Jr.

“We also trust that leaders will take the appropriate steps to keep their Airmen safe while making every effort to provide fitness options during the pandemic,” he said.

The DoD requires services to maintain a physical fitness assessment program and a body composition program. Over time and based on feedback, the waist measurement portion of the test was determined to be a better fit within the separate body composition program, officials said. The conditions associated with



U.S. Air Force photo/Kemberly Groue

U.S. Air Force Basic Military Training trainee, Chris-Ann Wilmoth, 37th Training Wing Detachment 5, Flight 564, participates in a physical training session July 1 at Keesler Air Force Base, Mississippi. To minimize close contact among personnel during the COVID-19 pandemic and ensure units are ready to implement fitness testing, tests have been delayed until April 2021. Testing in April will proceed without obtaining the waist measurement component.

COVID-19 provided a good opportunity to make this adjustment permanent. The department will release additional information once we determine how we will measure body composition.

Fitness assessment cells, fitness center staff, physical training leaders and members performing fitness assessments will adhere to physical distancing

protocols and other local precautions as determined by installation commanders once assessments resume.

Commanders may delay official fitness assessments beyond April 2021 if necessary, based on the recommendation of local public health officials, the continuation of closed fitness centers and extended state-wide restriction of movement

and gatherings.

At this time, Space Professionals will adhere to the physical fitness policy of the Department of the Air Force. Eventually, the U.S. Space Force will develop its own physical fitness assessment.

Airmen and Space Professionals may determine their next fitness assessment due date by visiting the Official Physical

Assessment Due Date Matrix on myPers which will be updated and available Dec. 8. Fitness assessment due dates will primarily depend on the date and score of the last official test.

“Originally, we hoped to resume testing by January 2021,” said Chief Master Sgt. of the Air Force JoAnne S. Bass. “However, based on the number of cases nationwide, the right thing to do is focus on keeping our Airmen and their families safe.”

“Delaying and reevaluating the PT test is the best option for our people.”

The test will still consist of a 1.5 mile run, 1 minute of push-ups and 1 minute of situps. However, the composite score will be calculated with full points for the waist measurement portion until system changes can be made.

Department leaders are also looking to reevaluate certain testing criteria moving forward.

“Along with removing the waist measurement, we are also exploring alternative strength and cardio components to our current Air Force fitness assessment,” Brown said. “We believe these potential test structure changes will impact Airmen in a positive way and help with a holistic approach to health and fitness standards.”

For more information, Airmen and Space Professionals should contact their fitness assessment cells and visit the COVID-19 Fitness Guidance page on myPers.

Back in the game: Airman aims to dunk on cancer

Senior Airman Monica Roybal

386TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

ALI AL SALEM AIR BASE, Kuwait — A social media notification lit up her phone with a four-year-old memory from when she was in the middle of her first deployment. These are the memories she typically pushes to the back of her mind, but this blatant reminder of the diagnosis that cut her deployment short and got her medically evacuated home, confronted her head-on.

Today, U.S. Air Force Staff Sgt. Cinnamon Kava, 5th Expeditionary Air Mobility Squadron combat oriented support operations supply specialist, is in the middle of her second deployment at Ali Al Salem Air Base, Kuwait, and is applying the resiliency skills she learned from her battle with Hodgkin lymphoma, which began here in November 2016.

Kava, a senior airman in 2016, said she was excited to be on her first deployment as she focused on work, physical fitness and her passion: basketball.

“One night I was lying in bed, I adjusted my necklace and felt a lymph node in my neck,” Kava said. “Of course I hopped on Google after a couple days because I kept touching it. Everything I read said lymph nodes are supposed to swell up, but if they’re the ones above your collarbone, then you need to seek immediate medical attention.”

The lymph nodes she felt were, in fact, above her collarbone. After a consultation at the 386th Medical Group clinic, doctors recommended more detailed exams, which led to transfers to Camp Arifjan’s U.S. Military Hospital, Landstuhl Regional Medical Center in Germany and, ultimately, back to her home station at Travis Air Force Base, California.

Within a few days, Kava went from relaxing on her twin bed in Kuwait to



U.S. Air Force photo/Senior Airman Monica Roybal

U.S. Air Force Staff Sgt. Cinnamon Kava, 5th Expeditionary Air Mobility Squadron combat oriented support operations supply specialist, spins a basketball on her fingertips at Ali Al Salem Air Base, Kuwait, Nov. 19, 2020. Kava focused on her dedication to basketball to help her fight her battle against Hodgkin lymphoma in 2017.

awaiting biopsy results in northern California.

The biopsy confirmed that 28-year-old Kava had Hodgkin lymphoma.

“Before the doctor gave me the results, she asked if I wanted to call my dad to have him come down and that’s when I knew it wasn’t going to be good,” Kava

explained. “The doctor gave me a packet of information and it just sat in my car for months. I didn’t even look at it. I felt like I didn’t need to know anything about it because I have it, I’m going to deal with it, I’m going to do chemotherapy and go from there.”

According to mayoclinic.org, Hodgkin

lymphoma is a cancer in the lymphatic system, which is part of the immune system, and is most common in people ages 20-40 years old and those over the age of 50. Medical researchers confirm that it begins when a lymphocyte cell develops

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Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

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On the cover

Portraits of U.S. Airmen from the 60th Aerial Port Squadron showing a display of diversity in the unit and the Air Force, are arranged on a graphic created Dec. 2 at Travis Air Force Base, California.

U.S. Air Force graphic/Nicholas Plich



Courtesy photo

WARRIOR OF THE WEEK

Name:
Tech. Sgt. Bryan Delgado.

Hometown:
Ft. Lauderdale, Florida.

during the first cycle eligible.

Unit:
60th Maintenance Squadron.

Time in service:
10 years.

What are your hobbies?
Mentoring Airmen and spending time with my spouse.

Duty title:
Aircraft structural maintenance supervisor.

Family:
Spouse, Ana.

What is your greatest achievement?
Groomed five senior airmen to staff sergeant selection in one cycle.

What are your goals?
To promote to master sergeant

'American Tapestry' pulls together many strands to showcase diversity

Nick DeCicco

60TH AIR MOBILITY WING PUBLIC AFFAIRS

"American Tapestry," the latest album from Travis Air Force Base's U.S. Air Force Band of the Golden West, aims to weave a multitude of experiences of Airmen as well as others connected to the armed forces.

The mostly instrumental concert band record brings together numerous threads by casting a light on women, different aircraft, World War II veterans, the American flag, the first African American in outer space and more.

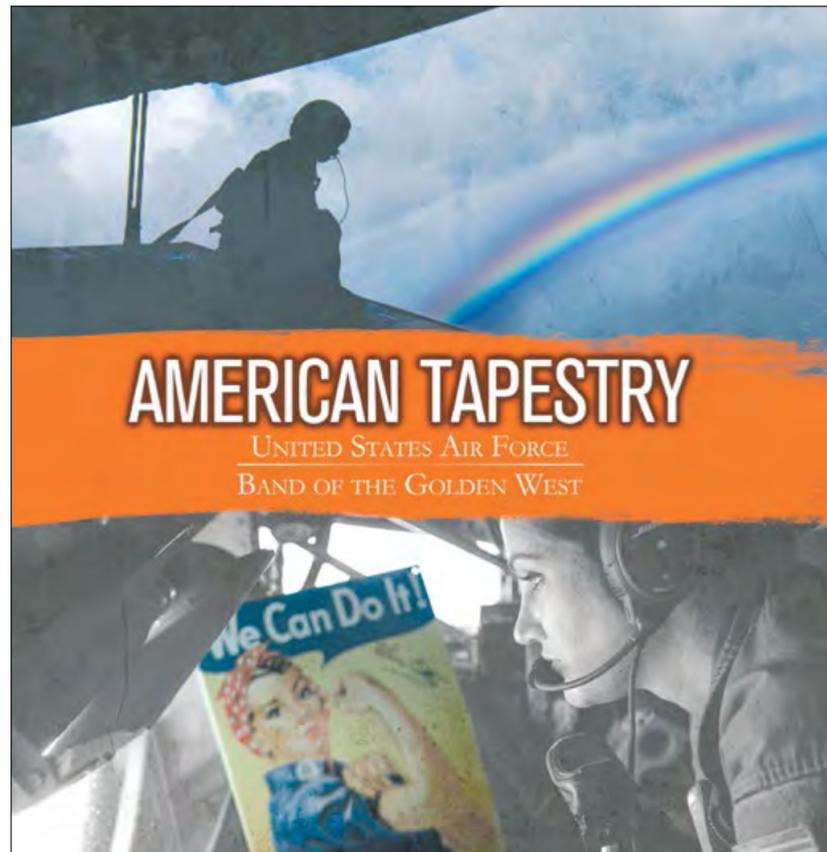
The album is about people, said Maj. Joseph Hansen, U.S. Air Force Band of the Golden West commander.

"(It's about how) diversity in people's backgrounds and experiences are what help the Air Force innovate and be the strongest on the planet," Hansen said.

In the spirit of bringing together a myriad of experiences, the band sought new work from a variety of uniformed and civilian composers, including Brett Abigaña and Greg Johnson, who both have ties to Northern California.

Abigaña, a faculty member at Boston University Academy in Massachusetts and a native of Woodland, California, penned two pieces for the album. One, "Through the Kármán Line," highlights Col. Guion Bluford, a NASA astronaut from the late 1970s until the early 1990s. Prior to that, Bluford rose to the rank of Air Force colonel after stints as a fighter pilot and flight instructor while earning a doctorate in aerospace engineering.

In 1983, Bluford became the first African American



"American Tapestry," the latest album from the U.S. Air Force Band of the Golden West, focuses on diversity among Americans and their experiences. Several new works were commissioned for inclusion in the piece.

60th Aerial Port Squadron embodies diversity, PAGES 10-11

in space. "Kármán Line" seeks to evoke the feeling of the astronaut's experience as he crossed the titular boundary between earth's atmosphere and outer space.

"I was trying to think about what that would feel like to cross through that uncrossable-at-one-point line," Abigaña said. "Leaving the tension, the frustration, the

monotony of everyday life behind and having that experience? Man, that must have been amazing. I wanted to show that."

Though the band does not perform it as such on the record, Abigaña wrote "Kármán Line" in such a way that performers can play the notes in reverse order, something he did to symbolically capture Bluford's ascent toward the stars as well as a safe return back to earth.

"I was just trying to do something different,"

Abigaña said. "Just for fun, I wrote it in such a way that you can cross the line twice."

Another civilian composer helping the band weave its "Tapestry" is Johnson, Marin School of the Arts director of jazz studies in Novato, California. Johnson wrote "Flying Higher," a three-movement, seven-and-a-half-minute suite.

Typically a jazz composer, Johnson said it was his

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Air Force restores select leave due to COVID

Secretary of the Air Force Public Affairs

ARLINGTON, Va. — Effective Nov. 20, the Department of the Air Force announced the ability to restore leave charged to members during a required restriction of movement after Aug. 6.

The Department of the Air Force's change was based on the release of "Force Health Protection Guidance - Supplement 12," which is the Defense Department's guidance for personnel traveling during the Coronavirus Disease 2019 pandemic. The guidance states the location of the restriction of movement will be considered an official duty location.

All regular leave days taken outside of a restriction of movement will count as chargeable leave.

To restore leave charged during a restriction of movement, the member will require a memorandum from the squadron or unit commander for processing by the financial management flight at their local comptroller squadron. The memorandum must include the member's name, rank, original leave number, original leave dates and restriction of movement dates.

The restoration of leave does not authorize personnel transportation, lodging allowances, or per diem while in restriction of movement, quarantine, or self-isolation. Personnel are not authorized hardship duty pay for time in restriction of movement away from the duty station in conjunction with personal leave.

More information can be located on MyPers through the Air Force Portal.

Webinar to focus on balanced eating

David Johnson
BEALE AIR FORCE BASE RETIREE
ACTIVITIES OFFICE DIRECTOR

Shalala Khoei, a licensed dietitian with the 9th Medical Group at Beale Air Force Base, California, will host an upcoming episode of the "Keep It Real" series.

A distinguishing feature of military life is the presence of individuals from different cultures. Shalala will discuss the effect of international cuisine on the American diet, as well as the influence of American diets on those from other countries. In this edition, she will focus on Asia and Latin America.

Visit the Beale Retiree Activities Office Facebook page at <https://www.facebook.com/BealeRetireeActivitiesOffice> at 6 p.m. Dec. 17. To access the event, call 530-634-2157, email BealeRAO@gmail.com or visit

the Beale RAO Facebook page.

For retirees living in the Travis AFB area, call the Travis Retiree Activities Office at 707-424-3904/3905 or email them at raotravis@yahoo.com to register for the event.

The Travis RAO will email the meeting ID, web link, and passcode for joining the meeting to retirees living in the Travis area about a day or two prior to the event.

This is another in the "Keep It Real" health and wellness series designed for the retired military community. The series is designed and produced by Dale Collins and presented in cooperation with the Beale and Travis Retiree Activity Offices.

♦♦♦
Jerry Edmonds, Travis Air Force Base Retiree Activities Office director, contributed to this report.

Recruiting Service to host career briefing

Air Force Recruiting Service

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Air Force Recruiting Service will host a "Pathway to Wings" interactive career briefing at 4 p.m. Dec. 21 for potential future Air Force officers interested in learning more about accessions and rated boards.

The Pathway to Wings brief, hosted by AFRS Detachment 1,

will give participants an overview of Air Force aviation careers, as well as information about different types of service, missions, aircraft and military lifestyle. Current Air Force aviators will be on the call to answer questions.

Visit <https://bit.ly/pathway-towingsdecember2020> to register for the event via ZoomGov. The link may not be accessible on government network or VPN.

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DGMC conducts coronavirus testing



U.S. Air Force photo/Chustine Minoda

U.S. Air Force Airman 1st Class Tamara Henry, 60th Surgical Operations Squadron medical technician, performs a COVID-19 test on a patient by inserting a swab into the cavity between the nose and mouth Nov. 30 at Travis Air Force Base, California. David Grant USAF Medical Center personnel set up the testing site earlier this year. For the latest local coronavirus guidance, call the DGMC Coronavirus Hotline at 707-423-3000 option 1 or the Public Health office at 707-423-5464. For general information, visit www.tricare.mil/coronavirus.

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Coping with social isolation during COVID-19

Greg Chadwick

AIR FORCE MATERIEL COMMAND
HEALTH & WELLNESS TEAM

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The COVID-19 pandemic has led to implementation of unprecedented “physical distancing” strategies crucial to limiting the spread of the virus.

While the most immediate threat from COVID-19 is the physical health of those infected, the pandemic will also have wide-ranging effects on the social and mental health of others living through the crisis.

Social isolation occurs when an individual does not have adequate opportunities to interact with others. Physical distancing and isolation can present certain challenges, such as spending days or weeks at home with limited resources, stimulation, and social contact.

According to the Centers for Disease Control and Prevention, social isolation can threaten health, and regular social interactions and having a strong personal network are important to a person’s mental and physical health, resilience, and longevity. Health concerns



Civilian Health Promotion Services graphic

stemming from social deprivation include high blood pressure, sleeplessness or less restful sleep, anxiety, depression, and thoughts of suicide. In addition, lack of human interaction may increase hormone levels that contribute

to inflammation and weakened immunity, thereby increasing the risk of diseases.

Although it remains critical that we follow physical distancing requirements to combat the spread of COVID-19, it is equally important that we remain socially

connected with our family, friends, colleagues, and community to prevent the negative health outcomes caused by being socially isolated and lonely. The

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AMC hosts virtual volunteer victim advocate course

Air Mobility Command
Public Affairs

SCOTT AIR FORCE BASE, Ill. — Air Mobility Command held its first-ever volunteer virtual victim advocate course at Scott Air Force Base, Illinois, Oct. 5-9.

VVAs play a significant role in the success of the Air Force’s sexual assault prevention and response program.

“Doing this course virtually was a necessity due to the different COVID restrictions each state is facing,” said Carmen Schott, AMC sexual assault program manager. “It also allowed us to utilize professionals and experts from across AMC and gave the volunteers a chance to connect with others they might not normally connect with.”

SAPR teams are responsible for 24-7 response capabilities and hotline management to ensure timely support for sexual assault victims. To make this around-the-clock mission

successful, full-time Sexual Assault Response Coordinators and SAPR VAs recruit military volunteers from across AMC to ensure ready and capable on-call response 365 days a year.

“The VVAs, really enjoyed the course and rated it very high with very few concerns at all,” said Jamie Mattice, SAPR program and integrated resilience specialist. “Other MAJ-COMs heard about the virtual course and expressed interest in possibly joining in the future. Their expertise would be a great asset to these trainings.”

The course included 15 modules and briefings that provided instruction and facilitated small break-out group discussions. The course also readied VVAs to obtain their required DoD credentials to work with sexual assault victims and survivors.

“I’m really glad our team was able to overcome COVID challenges to complete this course,” said Schott.

Six Travis E-8s selected as chiefs



U.S. Air Force photo/Chustine Minoda

U.S. Air Force Col. Corey Simmons, 60th Air Mobility Wing commander, congratulates chief master sergeant selectees Dec. 1 at Travis Air Force Base, California. Six senior master sergeants at Travis AFB were selected for promotion to chief master sergeant.

SEIZE the INITIATIVE

TIP OF THE SPEAR

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KC-46 vision system gets boost

Air Force Life Cycle Management Center Public Affairs

WASHINGTON, D.C. — After reviewing data from demonstration flights that occurred this past summer, the Air Force has decided to implement interim improvements to the KC-46 Remote Visual System, known as “Enhanced Remote Vision System,” or ERVS.

Implementation of ERVS will not add any risk to the on-time fielding of RVS 2.0, the agreed to final solution to resolve Category 1 deficiencies associated with the current RVS, and will be done at no additional cost to the government.

The ERVS updates will include software-only improvements to help fix image distortion issues and tailor the display for each user’s specific vision characteristics on the fielded remote vision system on KC-46 aircraft. These updates are expected to be completed in late 2021.

“The implementation of ERVS will provide some benefit to our Total Force boom operators in the near-term, but most importantly will not delay the fielding of RVS 2.0,” said Gen. Jacqueline Van Ovost,



U.S. Air Force photo/Airman 1st Class Michaela R. Slanchik

McCconnell's first KC-46A Pegasus lands on the flightline Jan. 25, 2019, at McConnell Air Force Base, Kansas. The KC-46 will serve alongside the KC-135 Stratotanker at McConnell and supply critical aerial refueling, airlift and aeromedical evacuations at a moment's notice for America's military and allies.

commander of Air Mobility Command. “Installing RVS 2.0 onto our growing KC-46 fleet directly supports my priority of advancing warfighting capabilities to maximize full-spectrum readiness and generate the credible capacity

required to project the Joint Force.”

RVS 2.0 is designed to be the comprehensive solution to issues identified with the existing KC-46 Remote Vision System. It will include 4K color cameras with proper viewing

geometry, air refueling operator stations with larger screens, a distance range finder for refueling aircraft distance measurement, and boom assistance augmented reality. Initial fielding of the system is expected in late 2023.

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Beyond the Blue working on grief

Senior Airman Nilsa Garcia

22ND AIR REFUELING WING PUBLIC AFFAIRS

MCCONNELL AIR FORCE BASE, Kan. — The unexpected loss of an Airman to suicide creates a void that echos far beyond the empty chair at their workstation. The unit’s focus must now shift from preventative efforts to fostering recovery for the ones left behind.

The journey through grief is unique to every individual and if not properly managed, increases their risk of transitioning into a prolonged mourning referred to as complicated grief.

In 2020, the Department of Defense released a postvention toolkit containing various resources to help units cope with loss. Airmen now have instant access to checklists, memorial guidance, standard operating procedures and more, immediately following a crisis.

The toolkit is designed to assist and guide units with support responses to effectively rebuild their communities.

“We want to train our Air Force community to be able to identify other people at risk, and make sure they get the care needed to get through a grief process that is different than other kinds of grieving,” said Dr. Mary Bartlett, Air University associate professor and suicidologist.

This is a grieving process that Master Sgt. Samuel Prentice, 22nd Security Forces Squadron first sergeant, has personally experienced after losing an Airman to suicide.

“Time has almost stopped since that day,” said Prentice. “You feel the responsibility and wonder, ‘did you do enough?’ That scenario has probably changed me for the rest of

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Housing survey opens for feedback

Zoe Schlott

AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas — The Department of the Air Force is asking tenants of its privatized and government-owned housing to share their experiences and opinions of the programs via the DoD Tenant Satisfaction Survey beginning Dec. 8.

The survey, administered by CEL & Associates, Inc., will be made available through an email link to all residents, who will have until Jan. 22 to submit their assessments. The Air Force is funding the survey, and CEL & Associates is an independent third-party provider.

By using a third-party firm, Airmen, Space Professionals and their families can provide open, honest and anonymous impressions of living in privatized or government-owned housing. The survey data will be shared with Air Force

See SURVEY Page 12

Healthy holiday recipes to try

Did you know that the USAFwellness.com website has a wide variety of nutrition resources? In fact, it houses over 10,000 recipes.

You can find these recipes by going to the website and selecting “Recipes” from the drop-down menu.

Here you can view the “Recipe of the Day” or enter keywords in the search bar like ‘holiday’ to find specific holiday meals and desserts. You can even filter by type, for example: low fat, low carb, high protein, etc. Have a food allergy? You can use an additional filter to eliminate recipes with specific ingredients such as gluten, soy, or tree-nuts. Looking for a healthy holiday recipe to bring to your next family gathering? Visit <https://bit.ly/3lXdsmg> to view one of the many recipes available to you.

For more information or to schedule a health education service, contact Elisa Meggs, Travis Civilian Health Promotion Services coordinator, at 707-424-CHPS or via email at elisa.k.meggs.ctr@mail.mil.

— CHPS



U.S. Air Force photo/Master Sgt. Jason W. Edwards

Retired Brig. Gen. Charles E. “Chuck” Yeager prepares to board an F-15D Eagle from the 65th Aggressor Squadron Oct. 14, 2012, at Nellis Air Force Base, Nevada. Yeager, who broke the sound barrier in flight Oct. 14, 1947, died Dec. 7. He was 97.

Renowned test pilot Yeager dies

412th Test Wing Public Affairs

EDWARDS AIR FORCE BASE, Calif. — Famed test pilot, retired Brig. Gen. Charles E. “Chuck” Yeager died Dec. 7. He was 97.

In 1945, after earning ace status for downing 13 German warplanes in World War II, including five Me-109 fighters in one day, Yeager was posted as a maintenance officer at the Air Force’s Flight Test Division at Wright Field, Ohio. He soon came to the attention of the division chief, Col. Albert Boyd, the father of Air Force flight test, who assigned him as an experimental test pilot.

Probably his most notable achievement was piloting the Bell X-1 experimental rocket plane, in which he became the first human to fly faster than

the speed of sound in 1947, shortly after the founding of the U.S. Air Force as a separate service.

Yeager also aided in pioneering modern aircraft development during his nine-year assignment as an experimental test pilot by test flying numerous experimental, production and foreign aircraft for the U.S. Air Force. This included taking the X-1A to Mach 2.44 in straight and level flight on Dec. 12, 1953.

Before becoming a test pilot, he served as a P-51 Mustang pilot in the European Theater of Operations during World War II. He was shot down on his eighth combat mission over German-occupied France on March 5, 1944, and only evaded capture with the help of the French Maquis. Unlike most downed pilots, required by military

policy to return stateside, Yeager successfully lobbied his commander for relief from this policy from Gen. Dwight D. Eisenhower, and returned to combat.

Upon his return to the United States, Yeager was assigned to Wright Field, Ohio. After coming to the notice of Col. Albert Boyd, he graduated from Flight Performance School, the equivalent of today’s U.S. Air Force Test Pilot School, in 1946. He became the commandant of what was later called the Aerospace Research Pilot School at Edwards AFB in 1961.

Yeager’s last official Air Force assignment was as the director of the Air Force Safety and Inspection Center at Norton AFB, California, to which he was appointed in June 1973.

Yeager was born at Myra, West
 See YEAGER Page 18

Strength in diversity

Story and photos by Nicholas Pilch
60TH AIR MOBILITY WING PUBLIC AFFAIRS



Senior Airman Bernard Almoró
60th APS traffic management journeyman



Master Sgt. Dianna Barret
60th APS air freight superintendent



Airman 1st Class Leonel Castillo Martinez
60th APS inbound cargo technician



Airman Said Guevara Cruz
60th APS air transportation apprentice



Airman 1st Class Naomi Hill
60th APS ramp operations specialist



Senior Airman Juanita Hyatt-Jenkinson
60th APS traffic management technician



Senior Airman Enoch Marfo Oduro
60th APS traffic management receiving technician



Senior Airman Ricardo Melendez Rosado
60th APS traffic management receiving technician



Airman 1st Class Marcus Njoroge
60th APS air transportation specialist



Airman 1st Class Chukwuma Okonko
60th APS air transportation apprentice

Almoró was born in the Philippines and immigrated with his sister and mother to the U.S. to attend college in 2017. “I am very proud to serve the world’s greatest Air Force,” said Almoró. “It gave me a lot of opportunities in my life, and I wanted to give back to the country that helped my family to live a wonderful life.”

Barret moved to the U.S. from British Columbia, Canada, the summer of 1999. Barret’s biggest adjustment in moving to America was how spread out her and her family became. “I am proud to serve in the United States Air Force,” said Barret. “Not too many people know I was born and raised in Canada unless I tell them, which I am proud to do. I have served overseas and actually became a U.S. citizen while I was stationed in Germany in 2005.”

Castillo Martinez was born in Monterrey, Mexico, and immigrated to the U.S. after marrying his wife. He is a third-generation U.S. service member in his family. “First thing we experienced was the amount of people coming from all around the world, because back in Monterrey, the percentage of cultural diversity is very low,” said Castillo Martinez. “But now, that is one of the main things that we love about the U.S., the fact that how everybody can come from anywhere and call America their home.”

Guevara Cruz is from Oaxaca, Mexico, and came here in 2009 with his family on a work visa. The biggest differences of the U.S. and Mexico is the overall size and the modernization of the society. “We moved to the United States because my mother wanted my sister and I to have a good future,” said Guevara Cruz. “One where we didn’t have to worry about finding a job, going to school or having good health care. Mexico isn’t a horrible country, however the school system and health care system is not as advanced as in the U.S.”

Hill is from New Brunswick, Canada, and moved to the U.S. with her mother when she was 3. She said the biggest difference between Canada and the U.S. is the difference in language, even with New Brunswick being a bilingual province. “Being in the Air Force has been a childhood dream ever since I was about 7 years old, and it took me 10 years to finally get in,” said Hill. “I am still in awe every single day that I am fortunate enough to be able to serve.”

Hyatt-Jenkinson immigrated from Tre-lawny, Jamaica, to New York for new opportunities. “Not only is the food different, beaches, houses and culture,” said Hyatt-Jenkinson when asked about the differences between the U.S. and Jamaica. “Being a part of the United States Air Force is definitely a privilege and not easily attainable. It made my family proud and transformed me into a stronger person. I am proud to be an American Airman.”

Marfo Oduro was born in Ghana and came to the U.S. in 2013; he joined the Air Force in 2017. “I am very grateful to the U.S. Air Force,” said Marfo Oduro. “It has developed me holistically to pay attention to detail, my punctuality and physicality.” Marfo Oduro praises the Air Force for engraining in him the wingman concept to be stronger socially and emotionally.

Melendez Rosado was born in Puer-to Rico and moved to the U.S. in 2017 when he joined the U.S. Air Force. “To serve in the U.S. Air Force is an honor and an opportunity of having stability in my family, steady income and job security,” said Melendez Rosado. “It is a privilege to serve.”

Njoroge was born in Kijabe, Kenya and immigrated to the U.S. with his family. He is honored to serve in the Air Force and grateful for the opportunity. He said the biggest difference in the U.S. and Kenya is the attitude in Kenya to make full use out of everything, like food. “My family would cook what we call ‘githeri’ on a Saturday,” said Njoroge. “It’s just a mixture of maize and lima beans boiled together, and that would be food for the family for almost a week.”

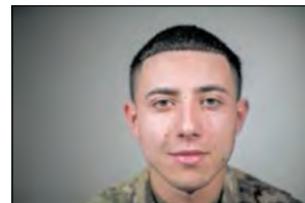
Okonko was born in Lagos, Nigeria, and immigrated to the U.S. to study criminal justice. “It has been a great privilege and honor to be a part of the world’s greatest Air Force,” said Okonko. “I’m still new in the Air Force, but still looking forward to more experiences and learning within the force.”



Senior Airman Erik Olivares Angel
60th APS traffic management journeyman



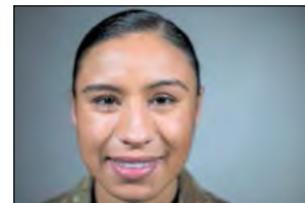
Senior Airman Christopher Oyales
60th APS air transportation journeyman



Airman 1st Class Juan Parra Peralta
60th APS cargo processing specialist



Airman 1st Class Dylan Poblete
60th APS traffic management technician



Staff Sgt. Mayra Rivera Mendoza
60th APS freight documentation supervisor



Airman 1st Class Diana Sandoval
60th APS traffic management technician



Senior Airman Javier Torres
60th APS traffic management office receiving technician



Master Sgt. Fabricio Toscano
60th APS passenger terminal section chief



Master Sgt. Alex Willett
60th APS air terminal operations center duty officer



Airman 1st Class Belal Yaser
60th APS traffic management journeyman

Olivares Angel was born in Puebla, Mexico, and immigrated to the U.S. when he was 9. “For me, it’s not just wearing the uniform every day for a country that adopted me, it is representing a country that has given me and my family an opportunity to grow,” said Olivares Angel. “I think of it as a way to give back to the country for all the opportunities it has given me.”

Oyales immigrated to the U.S. on a spouse visa. “America provides a lot of great opportunity for people like me with big dreams,” said Oyales. “Also, way of living is much better in many ways compared to the Philippines.” Oyales said he is proud to serve the country and protect the constitution that has given him so much opportunity.

Parra Peralta came to the U.S. in 2014 when he was 13 years old from Colombia. He said the primary differences between Colombia and America are the chances for opportunity and better safety. Serving in the Air Force is a Catch-22 for Parra Peralta because to be in the Air Force he has to be away from his mother and sister. He said this holiday season will be the second in a row spent alone.

Poblete was born in Guam and was raised in a military family. His father was U.S. Army, so serving was something he wanted to do as well. “Us Islanders always give 100% to what we do no matter what,” said Poblete. “Due to us not having a lot when we were growing up, we were outside every day after school.” He said a lot of islanders try to join the military because of the opportunities afforded when serving in the U.S. Armed Forces.

Rivera Mendoza was born in Michoacan, Mexico, and immigrated to the U.S. in 2002 to be reunited with her family. “As a young female coming from a traditional Hispanic family, serving in the military was nowhere in any of the plans my parents had for me,” said Rivera Mendoza. “However, I am extremely lucky to have a family that was patient, and most importantly, supportive of my decision of joining the Air Force.”

Sandoval was born in the Dominican Republic and came to the U.S. when she was 10 years old. She said her family chose to come to the U.S. to have more opportunities for personal growth and a better life for future Sandoval generations. Sandoval said serving is her way of showing appreciation to her new home. “I always wanted to serve to prove to myself that I can do it and make my parents proud.”

Torres was born in Lima, Peru, and moved to the U.S. with his family on travel visas. “The opportunities to succeed are endless, you just have to find a way,” said Torres when it comes to what is different between the U.S. and Peru. “The first thing that I noticed when I got to this country is the cultural diversity.” Torres’ grandfather served in the Peruvian air force and this helped influence his decision to serve in the U.S. Air Force.

Toscano was born in Quito, Ecuador, and immigrated to the U.S. in 1996. He joined the Air Force in 1999, and his first assignment was at Travis AFB. “The U.S. is very different from Ecuador,” said Toscano. “In the beginning, I did not speak English, so it was hard for me to create a life. I knew that in order to make it, I will have to learn it and fast.” He did just that and said it feels good to give something back for all the good things the U.S. has done for him.

Willett was born in Panama City, Republic of Panama, and came to the U.S. in 1989. He joined the Air Force in 2000. “It’s been an enjoyable and extremely memorable journey which has afforded me opportunities in professional and individual growth,” said Willett. “I’ve met countless peers who wound up being great friends to include my spouse. We’ve been married for 13 years now.”

Yaser was born in Cairo, Egypt, and was granted U.S. citizenship at birth because his father applied for it at the U.S. Embassy in Egypt. He said the things that are most different between Egypt and the U.S. are the culture and rules. He said being able to serve in the Air Force is a great opportunity to prove himself as it will enable him to obtain a second college degree.

Have you ever met someone who has never carved a pumpkin? This was the case here at the 60th Aerial Port Squadron, when five of the six carvers were doing this for the first time. Master Sgt. Ruben Zamora, 60th APS cargo movement section chief, was filling an additional duty as the first sergeant and

stumbled across a rumor. He heard that there were some Airmen who hadn’t carved a pumpkin, ever. To ensure these individuals had a chance to experience this, the 60th APS organized a pumpkin carving contest. “Off we went to organize a friendly pumpkin carving competition between two sections,” said Zamora. “As the competition was

taking place it was brought to our attention five of the six first time carvers were from countries outside of the U.S.” After hearing this, he began investigating where the Airmen were from and soon he had a list featuring at least 32 Airmen from 18 different countries and U.S. territories. Each Airman has a different story for how

and why they immigrated to the U.S., and each Airman is either a citizen now, or in the process of getting their citizenship. “Having a diverse group of Airmen in APS opens our eyes to the rest of the world in several ways,” said Lori Caron, 60th APS unit program coordinator and unit security assistant. “I love learning about their cultures, cus-

oms and food.” Celebrating diversity and culture in an organization celebrates its people and allows for ideas and innovation to rapidly spread. “When we are sitting around the table brainstorming,” said Zamora. “The amount of experience in the room is always critical to the success of the overall mission.”

Zamora explained that because of the diversity inside of APS they have a lot of different voices and expertise as many of the Airmen have education from different countries. “The strength that is built through diversity, along with life experience and differences in upbringing and education, it’s something that we have working in our favor,” said

Zamora. The vignettes on this page are a glimpse of how diverse the Air Force is and of some of the Airmen in 60th APS that immigrated to the U.S. Continuing to develop our force with different backgrounds, cultures and opinions develops our Air Force to be bigger, faster, stronger.



Courtesy photo

Members of the of the U.S. Air Force Band of the Golden West record the album “American Tapestry” in February 2020 at the Charlene Powers Lange Performing Arts Center Theatre in Lodi, California. “American Tapestry” is available from the band’s Facebook page at <https://www.facebook.com/bandofthegoldenwest/>.

Tapestry

From Page 4

first time writing for a larger ensemble such as a concert band. His goal was to embody the feeling of progress and development from the industrial revolution to the present, with each subsequent movement building in complexity to symbolize the chronological advancements of technology.

Johnson plays multiple instruments, but highlighted his favorite, the saxophone, in “Flying Higher.” His collaboration with the U.S. Air Force Band of the Golden West came after meeting one of the band’s members, Master Sgt. Ricky Sweum, at a big band show in Martinez, California. Johnson wrote it with Sweum in mind, giving the saxophone solos throughout the suite.

“I was blown away by how good he was,” Johnson said. “I’m also a sax player, so I could respect his level of musicianship. ... He was the first person I thought of to feature.”

While neither Abigaña nor Johnson served in the

military, they have a deep respect and admiration for those who do. Both have relatives and members of their immediate families who have served in the armed forces.

“I always like working with military people,” Johnson said. “It’s something that’s unusual for someone in my industry unless you’re working with a military jazz band. It’s a job very few composers get. In a way, it connects me to my family a little bit more. ... I realize I’m not doing anything on the scale that they are, but it feels good to contribute a little bit.”

Abigaña, who has also written pieces for the Army and Navy, expressed praise for military musicians.

“Whenever any military ensemble calls, I will literally drop everything and write them something,” he said. “For me, it’s the right thing to do. It’s my way of saying thank you.”

Hansen said one of his favorite pieces for the 12-track album is the Abigaña-penned “Locrian Riffs,” which was inspired by a 2019 visit to

More info

To hear their talents on “American Tapestry,” visit the band’s Facebook page at <https://www.facebook.com/bandofthegoldenwest/> to receive a copy of the album.

Travis AFB by four women who worked at a Richmond, California, shipyard during World War II. These women aided in the war effort on the homefront while men were dispatched to war.

Abigaña said he wrote the piece to mimic the frenzied energy of being inside a working factory.

“The idea was to emulate a factory sound, the never-ending energy, this chugging,” Abigaña said. “The same melodies are being repeated over and over again. The title is not only how notes are organized, but they’re riffs. It’s straight out of the bebop (jazz) era, which was starting to become popular as the war was ending. I wanted to not only pay homage to the actual working situation these women were in, but also the music in

my head that they might have been listening to.”

Hansen said that amplifying and recognizing the contributions of veterans, and women in particular, to the nation’s history on the album was important to him.

“I hope that our veterans here in the west and across the country can read the stories and appreciate the storytelling on their behalf,” Hansen said. “I hope also that all readers and listeners will see the great contributions of women in our country over the decades all the way up to today with our last commanding general, Gen. Maryanne Miller, and our present Air Mobility (Command) commander, Gen. Jacqueline Van Ovost. I am grateful people will hear the talents of so many of the Airmen from the Band of the Golden West.”

Recording for the album, which features the band’s wind ensemble, as well as members of other Air Force bands, took place in February at the Charlene Powers Lange Performing Arts Center Theatre in Lodi, California.

Survey

From Page 9

housing program leaders and project owners to continue improving both the government and privatized housing experience.

“Resident voices are extremely important and provide the input needed to impact real change in our family housing programs,” said Robert Moriarty, deputy assistant secretary of the Air Force for Installations. “The feedback provided greatly impacts how the Department of the Air Force is able to ensure the viability for both the privatized and government-owned housing programs. Past inputs from our residents resulted in many of the positive changes we see taking place today in the privatized housing program, and I encourage everyone to have their voice heard this year.”

The annual survey provides Air Force housing officials, installation leaders and project owners feedback to shape “the evolution of improvements that advance the Air Force housing portfolio that is provided to service members and their families,” said Col. Sara Deaver, Air Force Housing Program chief at the Air Force Civil Engineer Center.

The survey results guide the decisions the Air Force makes today and will impact future generations of members and their families.

“This survey is a chance for residents to really voice their opinions and get those thoughts in front of department leadership who will, in turn, use those comments to address concerns raised in both privatized and government-owned housing,” Deaver said.

With the Air Force funding the survey, housing program leaders will receive and review the survey data and comments for completeness and accuracy before it’s released to privatized project owners.

For more information about the DoD Annual Tenant Satisfaction Survey, residents can contact their installation’s housing office. If residents don’t receive the email link by Dec. 18, they can contact AirForceHousingSurvey@celasociates.com for assistance.

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Classes for all ages..... 10:00 am

Worship..... 11:00 am

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(2nd & 4th Sunday)

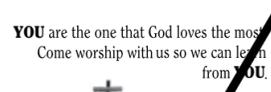
WEDNESDAY

Adult Studies..... 2:00 pm

AWANA for Kids..... 6:15 pm

Adult & Youth Studies..... 6:30 pm

CHURCH OF CHRIST



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Sunday Morning Bible Study 9 AM
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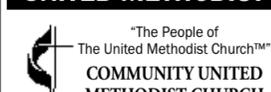
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Coping

From Page 6

following are some strategies for feeling more socially connected during this time.

- Connect by phone or video chat. Stay in touch with family and friends by calling and texting by phone. Placing calls using video chat services like FaceTime or Zoom has the advantage of allowing us to see others' facial expressions that are important for bonding.

- Connect online. E-mail a friend with whom you haven't been in touch with in a while and rekindle your friendship. Join online forums about your hobbies or interests. Whatever your interest is, there is an online community of people who share your passion and can't wait to nerd out with you about it.

- Connect with your community. Reach out to people you know might be having difficulties, such as elderly neighbors or relatives, to make sure they're getting needed food and medical supplies. Running an errand for a neighbor not only helps them, but will also make you feel more connected to your community.

Arrange a driveway visit with family or friends. Be sure all are wearing masks, stay six feet apart, all outdoors.

- Connect with others in COVID-19 quarantine. QuarantineChat is a voice chat service designed to connect people quarantined during the coronavirus outbreak.

If you are struggling with chronic loneliness, hopelessness, anxiety, or depression, you are not alone. With professional support, you can improve your mental wellbeing and enjoy life again.

Professional counseling services are available for the AFMC workforce and their families. Civilian employees may contact the Employee Assistance Program for free, confidential counseling services at 866-580-9078 or visit the EAP website at AFPC.af.mil/EAP.

Military members can contact their local mental health clinic. Military OneSource is another option. For more information, call 800-342-9647 or visit militaryonesource.mil.

For more information on coping with social isolation and loneliness, visit the Civilian Health Promotion Services video library at USAFwellness.com.

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Disposition of personal effects

Maj. Jeffrey Legaspi, 60th Surgical Services Squadron, is authorized to make disposition of the personal property of Capt. Kelliann Leli, deceased, 60th Healthcare Operations Squadron, as stated in Air Force Instruction 34-501, Mortuary Affairs Program.

Any person having claims for or against Leli should contact Legaspi by phone at 707-424-0861 or email at jeffrey.n.legaspi.mil@mail.mil. — 60th Force Support Squadron

Airmen complete FTAC



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

Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman 1st Class Pierce Bender, 6th Air Refueling Squadron; Airman Tyler Ceas, 60th Security Forces Squadron; Airman Basic Bryan Chavez, 860th AMXS; Airman Madison Chester, 860th Aircraft Maintenance Squadron; Airman 1st Class Aaron Erb, 60th Civil Engineer Squadron; Airman 1st Class Eric Everett, 60th Force Support Squadron; Airman 1st Class Rashawn Foxworth, 60th CES; Airman 1st Class Julian Garza, 860th AMXS; Airman 1st Class Natnael Gebretsadik, 821st Contingency Response Squadron; Airman 1st Class Raquib Hakeem, 860th AMXS; Airman Basic Robert Hance, 60th AMXS; Airman 1st Class Anjelisa Howard, 60th Surgical Operations Squadron; Airman Johnathon Matczak, 60th Communications Squadron; Airman 1st Class Edwin Morales-Bazile, 60th CES; Airman 1st Class Christion Murphy, 60th Logistics Readiness Squadron; Airman 1st Class Ariyan Perkins, 60th LRS; Airman Basic Kaitlyn Ramey, 60th AMXS; and Airman Jared Sanderson, 60th CES.

Puzzles

STR8TS

No. 520 Medium

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

Previous solution - Tough

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

How to beat Str8ts - Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

SUDOKU

No. 520 Medium

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

Previous solution - Easy

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

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; Jaquayllyn 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 VLTTP 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.

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Beyond

From Page 8

my life.”

Complicated grief is a persistent grieving experience, characterized by extensional angst and inability to recover from a loss. Following the death of his Airman, Prentice struggled with finding acceptance and managing an overwhelming sense of guilt.

“No one is anticipating a loss by suicide,” said Bartlett. “So, when a survivor starts to disconnect it becomes a risk factor for them.”

In recent years, the Air Force has increased its emphasis on using postvention as prevention in the battle against suicide. Postvention focuses on the proactive supportive responses following a death to facilitate emotional healing for those that have been impacted, and provide the opportunity to rebuild the Air Force

community through healthy grieving.

“It can be very easy to just assume someone is okay and that may not be the case,” said Prentice. “I don’t think that every Airman is wired the same way and if you make the assumption that we all are, then that’s when you run the risk of missing one.”

A 2018 study by The American Association of Suicidology has shown that for every one death by suicide, more than 134 individuals are impacted in some way. The impact may vary, but can manifest as stress, changes in mood or increased anxiety or thoughts of suicide.

The ability to identify those who fall within the suicide aftermath crater of impact is crucial.

To accomplish this, Bartlett stresses the importance of individuals in a position of leadership developing authentic relationships with Airmen and fostering an environment

More info

McConnell’s Beyond the Blue initiative takes steps to normalize help-seeking behaviors. These stories communicate struggles and create conversations that go below the surface. If you or someone you know is struggling with grief or having thoughts of suicide, contact the Military Crisis Line at 1-800-273-8255, then press 1 or access the online chat by texting 838255.

where they feel valued and secure.

“I’m very open about what I’ve gone through because I want my Airmen to go get help like I do,” said Prentice. “Everybody’s story is a little bit different, but by the slightest of actions you can change people’s lives and careers.”

Airman of all ranks can access a variety of additional postvention resources at www.resilience.af.mil/Postvention-Tools.



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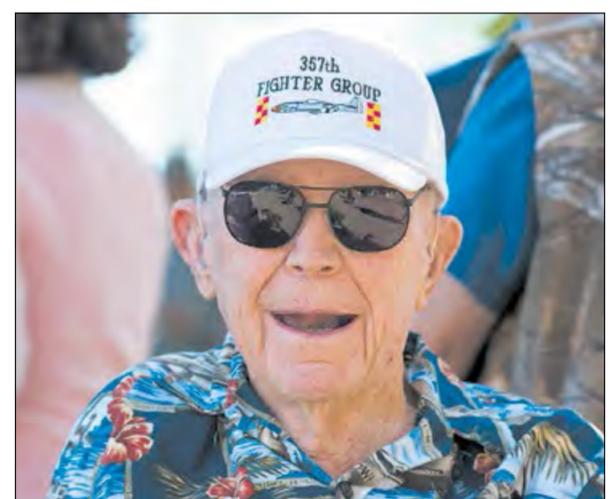
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Yeager

From Page 9
Virginia in 1923. He enlisted in the U.S. Army Air Corps in September 1941 as an aircraft mechanic.

His career as a pilot commenced in July 1942, when he was chosen for enlisted pilot training, and graduated in March 1943 as a flight officer. He retired from the Air Force in 1975. He was a command pilot and flew more than 10,000 hours in 155 different types of military aircraft. He was also awarded the MacKay Trophy in 1948, the Collier Trophy in 1948 and the Harmon International Trophy in 1954.

Yeager was promoted to the grade of brigadier general effective Aug. 1, 1969, with a date of rank of June 22, 1969.



Retired Brig. Gen. Chuck Yeager attends the 60th Medical Group change-of-command ceremony July 24, 2018, at Travis Air Force Base, California. Yeager, who broke the sound barrier in flight on Oct. 14, 1947, died Dec. 7. He was 97.

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1) U.S. Air Force Capt. Zacchaeus Graf, 9th Air Refueling Squadron KC-10 Extender pilot, practices pre-flight procedures while wearing Aircrew Eye and Respiratory Protection System equipment Nov. 30 at Travis Air Force Base, California. Aircrews must periodically perform in the protective gear to maintain mission readiness. 2) A KC-10 Extender, flown by an aircrew from the 9th ARS, gets in position behind another KC-10 to practice aerial refueling procedures Nov. 30 over Northern California. The KC-10 features six fuel tanks that can carry more than 356,000 pounds of fuel. 3) U.S. Air Force Senior Airman Cody Byrd, 9th ARS KC-10 Extender boom operator, controls the boom from the back of a KC-10 Nov. 30 over Northern California. Boom operators perform in-flight refueling aircrew duties as well as supervise cargo and passenger loading and off-loading operations.

9th ARS takes a closer look at ... READINESS

U.S. Air Force photos by Tech. Sgt. Traci Keller



2



3

Dunk

From Page 3

a mutation, but have yet to determine a cause.

Kava would spend the following months receiving 5-hour long, bi-weekly chemotherapy treatments.

She said her treatment expectations were based on what she saw in movies where patients were too sick to function, but despite those expectations, she wanted to maintain as much normalcy as possible.

"I would go play basketball right after chemotherapy," she continued. "As long as I felt like myself and I had energy to burn, then I was out there playing. That's just how I am, if I can't control something then I'm not going to stress myself out about it."

Basketball has played an integral role in Kava's life since she started playing at age five.

Her hard work and commitment to the sport earned her a college scholarship and a spot on the U.S. Armed Forces Women's Basketball team, which took home the 2019 International Sports for the Military World Games bronze medal in Wuhan, China.

"Basketball was my outlet and it kept me sane," Kava explained. "I focused on my goal of making the Air Force team later that year and told myself I was going to make the team once I was done with chemotherapy. I knew I could do it."

Kava said she credits her determination to her faith and honing her focus on aspects in her life that she could control. She decided she was not going to let her diagnosis define her or dictate her life.

"I'm thankful that I was able to have that attitude and just roll with the punches," Kava said. "I wasn't going to let the possibilities stress me out. I figured, clearly I'm supposed to be going

through this, so I focused on what I could take away from the experience."

Nearly a year after abruptly leaving ASAB, Kava was medically cleared to return to work. Four months of chemotherapy treatments eradicated the cancerous cells, allowing her to recite the Oath of Enlistment and commit to five more years in the Air Force, securing the point guard position on the all-Air Force Women's Basketball team and was officially named Staff Sgt. Kava.

Kava is now approaching the end of her second deployment here and using her experience to help her 5th EAMS troops develop their own adaptable skills to handle daily stressors and endure hardships. She chooses to share her story in the hopes of inspiring Airmen to shift their outlook.

"Going through this definitely made me a more understanding supervisor," Kava said. "Everyone has a story and everyone



U.S. Air Force photo/Senior Airman Monica Roybal

U.S. Air Force Staff Sgt. Cinnamon Kava, 5th Expeditionary Air Mobility Squadron combat oriented support operations supply specialist, poses in front of a C-17 Globemaster III Nov. 19 at Ali Al Salem Air Base, Kuwait. Kava is completing her second deployment at ASAB after her first was cut short due to a Hodgkin lymphoma diagnosis.

faces challenges, especially in the military. Hopefully by sharing my story, Airmen can have a warrior mindset too, because it really does make a difference."

The self-proclaimed military brat said she is going to continue to set goals while appreciating life's battles and enjoying her triumphs. She plans to follow in her father's footsteps of retiring from the Air Force after

20 years of service and will continue to be the example for her troops by taking classes toward a Master's degree in administration with a concentration in industrial and organizational psychology.

By January 2021, Kava will close the chapter on the deployment she started in 2016 and celebrate four years of being cancer-free.

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