

OUTREACH

Travis helps build skills of nation's allies

PAGES 10-11



60th Medical Group Airmen return from duty



U.S. Army photo/Cpl. Samantha Hall

U.S. Airmen of COVID Theater Hospital-1 participate in reverse joint reception, staging, onward movement and integration Sept. 12 at Travis Air Force Base, California. CTH-1, comprised of medical providers, nurses, technicians and support staff from the Air Force 60th Medical Group, provided life-saving care alongside their civilian counterparts in hospitals across California. U.S. Northern Command, through U.S. Army North, remains committed to providing flexible Department of Defense support to the Federal Emergency Management Agency in support of the whole-of-America COVID-19 response.

Members utilize landing zones for training

Col. Kjäll Gopaul

AIR EDUCATION AND TRAINING COMMAND

JOINT BASE SAN ANTONIO-CHAPMAN ANNEX, Texas — Joint service members converged on Joint Base San Antonio-Chapman Annex to formally confirm the suitability of helicopter landing zones in order to expand the maneuver space for vertical lift operations and improve home-station training for San Antonio's military units.

As San Antonio continues to develop out from the city's center, outlying areas that were once remote are now impacted by the encroachment of land development. This expansion

places additional pressure on nearby military training activities to consider noise, light, traffic volume, safety and other environmental factors.

Texas Army National Guard's Charlie Company, 2nd Battalion, 149th Aviation Regiment, a unit of UH-60 Black Hawk helicopters that routinely trains with JB San Antonio units at Martindale Army Airfield in southeast San Antonio, have been affected by these factors and have partnered with JB San Antonio to find a solution.

Chief Warrant Officer 3 Bill Sierra, C/2-149th AV standardization pilot, led the initiative to expand training at JB San Antonio-Chapman Annex.

"We are a habitual partner with JB San Antonio – often training with medical, aerial transportation, and security forces units," he said. "Having additional maneuver space so close to Martindale Army Airfield increases the amount of time we can train on-site with our JB San Antonio partners, diversifies the scenarios that can be exercised, and provides a reliable way for our aircrews to sustain proficiency on external loads."

"For our federal and state missions, we are required to maintain the capability of conducting external sling load missions – both for a combat scenario overseas and for the state

of Texas in an emergency management event," he said. "Encroachment around Martindale Army Airfield was affecting this."

Sierra said the company has successfully conducted a four-phase proof-of-concept to verify the suitability of JB San Antonio-Chapman Annex with a ground survey, an overflight, an aerial survey, landing passengers, and finally landing external loads."

During the proof-of-concept phases, the joint team transported 20,000 pounds of materiel and 22 personnel across 15 sorties to validate the suitability of the maneuver area for multi-service vertical-lift operations.

Mental health resources available

Greg Chadwick

AIR FORCE MATERIEL COMMAND
HEALTH & WELLNESS TEAM

WRIGHT-PATTERSON AIR FORCE BASE, Ohio —This is a stressful, uncertain time.

The COVID-19 pandemic has brought many significant changes to how we live daily life. Social distancing, quarantine and isolation can be overwhelming and may cause feelings of insecurity, confusion, hopelessness, and, ultimately, depression.

The National Institute for Mental Health defines depression as a common but serious mood disorder that negatively affects how you feel, think and handle daily activities such as sleeping, eating and working. People who are dealing with depression typically experience one or more of the following symptoms:

- Persistent sad or "empty" mood.
- Feelings of hopelessness or pessimism.
- Irritability.
- Feelings of guilt, worthlessness or helplessness.
- Loss of interest or pleasure in hobbies and activities.
- Decreased energy or fatigue.
- Difficulty concentrating, remembering or making decisions.
- Difficulty sleeping, early-morning awakening or oversleeping.
- Appetite and/or weight changes.
- Thoughts of death or suicide or suicide attempts.
- Aches or pains, headaches, cramps or digestive problems without a clear physical cause and/or that do not ease event with treatment.

We all have days when we feel down, but when the periods of sadness persist and are severe

See RESOURCES Page 12

Air Force improves support for nursing mothers

**Secretary of the Air Force
Public Affairs**

ARLINGTON, Va. — The Department of the Air Force recently announced new guidance that will improve support for nursing mothers when they return to work after having a baby.

The updated policy, which went into effective immediately, increases flexibility with lactation breaks and mandates access to a refrigerator for the purpose of storing human milk.

"Many women choose to continue breastfeeding after they return to work," said Christy Nolte, deputy assistant secretary of the Air Force for reserve affairs and Airman readiness. "We should do what

we can to support that choice, making it easier for nursing moms to continue to serve. Changes like these contribute to readiness, and improve quality of life for our service members and their families."

In August 2019, the DAF released the initial lactation policy, which required commanders to provide nursing mothers with dedicated space in the immediate vicinity of the workplace for the purpose of pumping breastmilk. The policy was well-received, but feedback from the field suggested it needed some adjustments.

"We continued to receive feedback from the field, so we updated the guidance to further empower leaders across the department to establish proper lactation rooms and

provide overall support for nursing mothers," Nolte said.

The policy changes were championed by the Women's Initiative Team, and the changes align the Air Force with public law, Office of Personnel Management guidelines, and Department of Defense guidance. The WIT consolidated feedback, consulted with experts and routed recommendations.

"Every mother and infant are unique, and so are their breastfeeding needs," said Lt. Col. Jeanette Anderson, Air Force Surgeon General perinatal nursing consultant and women's initiative team member. "The amount of time needed to produce breastmilk varies from woman to woman, and

See NURSING Page 20



U.S. Air Force photo/Capt. Ieva Bytutaite

U.S. Air Force Capt. Ebony Godfrey, 20th Air Force command control and communication operations chief, assembles a breast pump in the 20th Air Force headquarters lactation room Sept. 3 at F. E. Warren Air Force Base, Wyoming.



TRAVIS AFB

Environmental Restoration Program

**Notice of Availability of the
Travis AFB Relative Risk Site Evaluation**

Travis AFB announces the availability for public review and comment of the draft Relative Risk Site Evaluation (RRSE) that supports the ranking of new perfluorinated compound sites on Travis AFB, Fairfield, California.

The Air Force completed a RRSE for Travis AFB to support the sequencing of environmental restoration work. This evaluation allows decision-makers to compare the relative risk associated with Travis AFB restoration sites with all other Air Force sites. Relative risk is not the sole factor in determining the sequence of restoration work, but it is an important consideration in the priority setting process.

The RRSE was initiated when perfluorooctanoic acid (PFOA) and perfluorooctane sulfonate (PFOS) were discovered in the soil and groundwater beneath Travis AFB. Historically, these chemicals were the main constituents of Aqueous Film-Forming Foam (AFFF) that was used to fight petroleum fires. Today's fire-fighting products are more environmentally friendly, and the RRSE is a tool to ensure that limited cleanup funds are sent to the restoration sites with the highest rankings.

The public is encouraged to comment on the draft RRSE during a 30-day public comment period that runs from October 1 to October 30, 2020. The RRSE and several PFOS and PFOA fact sheets and supporting documents can be downloaded from the Travis AFB public website at <https://www.travis.af.mil/Information/Environment/News>.

Comments may be submitted by e-mail, phone or mail, postmarked no later than 02 November 2020, to:

**Louis Briscese
60th AMW Public Affairs
400 Brennan Circle
Travis AFB, CA 94535
(707) 424-5743
louis.briscese.1@us.af.mil**

The draft RRSE will be revised based on public and regulatory comments received during this period and placed into the Travis AFB Administrative Record. If you have questions concerning this evaluation, please contact Mr. Briscese or Mr. Lonnie Duke, the Travis AFB Restoration Program Manager, at (707) 424-7520.

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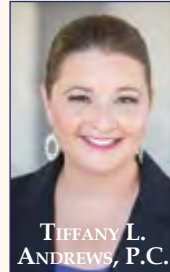
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Holloman's rainfield test track gets boost

Marshall Polk
HYPERSONIC TEST AND EVALUATION
INVESTMENT PORTFOLIO

HOLLOMAN AIR FORCE BASE, N.M. — Missiles and other high-speed weapons systems are required to fly through a variety of weather situations.

One type of weather that is a particular concern for system design is rain. When testers need to understand how missile hardware will perform in the rain, they often turn to the Holloman Air Force Base's high-speed test track.

Run by the 846th Test Squadron at Holloman AFB, the test track uses a rocket-propelled sled to fly test hardware

at high speeds through an artificial rainfield.

A recent project funded by the Test Resource Management Center will provide rainfield test customers with more options and also increase the operational efficiency at the track.

Bryan Sinkovec, 846th TS rainfield effort program manager, describes the upgrade as a "giant technology leap forward for the sled track."

Prior to this project, the rainfield was set up by manually adjusting valves and reading pressure gauges along thousands of feet of test track. The initial setup could often take days of running water to get

See **RAINFIELD** Page 18



U.S. Air Force photo/Eric Dietrich

Chief Master Sgt. of the Air Force JoAnne S. Bass, right, speaks with Space Force Lt. Gen. Nina Armagno, Space Force headquarters operations staff director, after a presentation for the Air Force Association 2020 Virtual Air, Space & Cyber Conference, Sept. 14 at the Pentagon in Arlington, Virginia. This year will be the first virtual AFA conference due to COVID-19.

Bass talks culture, people at conference

Tech. Sgt. Robert Barnett
SECRETARY OF THE AIR FORCE
PUBLIC AFFAIRS

ARLINGTON, Va. — Chief Master Sgt. of the Air Force JoAnne S. Bass spoke via a live broadcast on Sept. 16 during the Air Force Association 2020 Virtual Air, Space & Cyber conference.

The 19th CMSAF discussed the importance of people, readiness and culture during her address.

She said the Air Force is the best in the world because of its people who are empowered to lead with care, drive and passion, and who need to be retained, cultivated and developed as the service builds the "Air Force we need."

"We cannot afford to lose Airmen who have the talent, passion and commitment that will make

us a better force ... Airmen like Staff Sgt. Reskey—and fortunately for us, we didn't," she said.

Bass first met Airman Basic Daniel Reskey when she was the command chief of the 17th Training Wing at Goodfellow Air Force Base, Texas. According to Bass, she had stopped Reskey from being discharged for things that happened prior to joining the service. She explained that he'd lost his mother at a young age and had grown up in a series of bad situations. He'd chosen to join the Air Force to better himself and better care for his younger siblings.

"He didn't join our Air Force with core values already bleeding out of him, but he did gain them over time with exposure to our Air Force culture, through both (basic military training) and technical training," Bass said.

See **BASS** Page 15

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Oregon ANG firefighters save homes

Master Sgt.
Jefferson Thompson
173RD FIGHTER WING

CHILOQUIN, Ore. — Kingsley Field firefighters returned from helping a neighboring community fight a wildland fire, Sept. 21.

In the late evening of Sept. 7, the Kingsley Field Fire Department, part of the 173rd Fighter Wing of the Oregon Air National Guard, received a dispatch call for assistance for a wildland fire burning near Chiloquin, a neighboring community north of the small town in the southwest corner of Oregon.

For one firefighter, that meant a wake-up call just after 1 a.m., something he said is totally routine at a fire station. When he and two other Kingsley Firefighters arrived at the Two Four Two Fire north of Klamath Falls, it was anything but routine.

“That’s the worst fire I have ever seen in 20 years of firefighting in Oregon,” said Rees Thomas, a Kingsley firefighter.

Matt Chavarria, the team lead for the Kingsley contingent, said it was the most difficult fire that he’s fought.

“We had resources in place to fight the fire as it ran to the northwest; within a half hour, the fire changed direction and was running to the southeast,” Chavarria said.

He went on to say that a typical fire dies down at night allowing crews to make progress containing it; unfortunately, this fire, driven by high winds and low humidity, saw a flame front gobble up acres at more than 30 mph, all night long.

“The flame front had flame lengths of between 80 and 100 feet,” he said.

In the first 12 hours, the fire grew to nearly 10,000 acres, a pace the firefighters



Courtesy photo

Firefighters from Kingsley Field in Oregon move from house to house as flames threaten homes during the initial response of the Two Four Two fire Sept. 8 outside Chiloquin, Oregon. The wildfire exhibited extreme behavior due to high winds and low humidity as it burned approximately 10,000 acres in the first 12 hours.

said was staggering. Additionally, fires around the state were burning in the same fashion, leaving no additional resources available even when the fire was categorized as a conflagration. However, it did allow Kingsley Field to send one more engine due to the size of the emergency.

More than 600 homes were threatened and the fire crews found themselves leaping from property to property trying to save each one in turn from flames that

literally burned up to the house and in the trees overhead.

“I can say for a fact that we saved four homes,” Chavarria said.

Those four homes represent a herculean effort, but one with very high stakes, said Jesse St. John, a Kingsley firefighter. “Once a fire takes a home in a neighborhood, you can’t stop the spread and the entire neighborhood will burn.”

Fire crews from around the region including the

towns of Chiloquin, Merrill and Malin fought off the fires. Of the 1,532 structures threatened, only eight burned.

One in particular weighs heavily on Chavarria. “We had one house that we saved three times in the first 12 hours,” he said. With the house safe, he had to brief a new, incoming crew on how to continue firefighting efforts. When they returned in less than 20 minutes, the house was engulfed in flames. It was a total loss.

“There’s no way to know what happened but it’s likely that some embers found their way under a deck and smoldered for hours before something set it off,” despite using lots of water and other protective measures for the property, he said.

“It’s heartbreaking,” he said.

Although homes were lost to the flames, not one person died in the fire. Everyone was safely evacuated and protected the night of the Two Four Two Fire.

Airmen complete FTAC



U.S. Air Force photo

Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman Tyler Arrenndondo, 860th Aircraft Maintenance Squadron; Airman 1st Class Xavaier Clanton, 60th Maintenance Squadron; Airman 1st Class Benjamin Claunch, 60th AMXS; Airman 1st Class Ivan Anjelo A. Cordero, 60th Comptroller Squadron; Airman 1st Class Brittany Garcia, 60th Medical Diagnostics and Therapeutics Squadron; Airman 1st Class Joanna Gravely, 60th Maintenance Group; Airman 1st Class Darius Kelly, 821st Contingency Response Squadron; Airman Keegan Lovell, 860th AMXS; Airman Eduardo Martinez, 860th AMXS; Airman 1st Class Austin Mifflin, 860th AMXS; Airman Christopher Muñoz, 60th Logistics Readiness Squadron; Airman Carlos Ramos, 60th LRS; Airman Basic Taiten Rhodes, 60th CPTS; Airman 1st Class Michael Sheffield, 60th Operations Support Squadron; Airman Andrew Smith, 860th AMXS; Airman Vivian Thunander, 60th Civil Engineer Squadron; Airman Ashby Turner, 860th AMXS; and Airman 1st Class Tyler Valley, 60th AMXS.

Recruiting turns to online tools

Master Sgt. Chance Babin
AIR FORCE RECRUITING SERVICE
PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — As the COVID-19 pandemic persists, Air Force Recruiting Service continues to find innovative ways to overcome obstacles.

In conjunction with the Air Force’s Personnel Center, an electronic version of the Air Force Officer Qualifying Test is now available for the first time ever.

“The electronic Air Force Officer Qualifying Test (eAFOQT) is the first electronic version of the traditional AFOQT,” said Senior Master Sgt. Aaron Akridge, AFRS’s superintendent of officer accessions.

“Due to COVID-19 limiting opportunities for traditional AFOQT, AFRS, in collaboration with AFPC’s strategic research and assessments branch, or AFPC/DSYX, began working an alternate avenue for line officer candidates to take/complete this initial qualifying test.”

The eAFOQT is not replacing

current testing but is another tool for recruiters to use when processing officer applicants.

“This tool specifically provides more capacity for testing along with flexibility for the applicant and recruiters,” Akridge said. “This new opportunity has been communicated with the three officer accessions squadrons and is able to be utilized as of Sept. 14, 2020.”

The traditional paper AFOQT was traditionally accomplished at one of three locations, the Military Entrance Processing Station, Air Force ROTC detachments or base education offices.

“Due to health concerns related to COVID-19, MEPS facilities have limited testing and most ROTC and base education offices have cancelled the test for our civilian applicants,” Akridge said.

Akridge said working together as a collective was a great experience, especially knowing the solution would be a unique one.

“It was truly awesome working with a group of professionals

and even more special to know that we are pioneering something that hasn’t been previously accomplished,” he said. “All of this hard work and collaboration is to better equip our line officer recruiters with the proper tools to inspire, engage and recruit.”

Each of the squadrons will have test control officers to assist with giving the test to applicants.

“Training guides were sent to all test control officers and additional training was accomplished via Zoom,” he said. “The mandatory training referenced the roles and responsibilities of TCOs in accordance with current instruction/guides. TCOs were selected by each OA squadron leadership team.”

The eAFOQT is a beta test at this time specific for the regular Air Force.

“Currently, we are in discussion with our Total Force partners to determine feasibility of future expansion,” Akridge said. “We are continually learning at this time and always pushing to better refine this tool for all users.”

Puzzles

STR8TS

No. 509

Easy

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

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

Previous solution - Medium

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

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. 509

Tough

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

The solutions will be published here in the next issue.

Previous solution - Medium

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

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

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

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

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 Thammassen, 60th Force Support Squadron; and Dennis Weaver, Air Force Manpower Agency.

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



Travis takes role in Air Force’s training of international partners



Air Education and Training Command Public Affairs

JOINT BASE SAN ANTONIO RANDOLPH, Texas — COVID-19 grounded the Air Force Security Assistance and Training Squadron in March.

However, the Mobile Training Teams, which train international partners, is back in the air and has resumed temporary training travel and virtual operations.

Air Education and Training Command International Affairs and AFSAT leaders coordinated with the Defense Security Cooperation Agency, and the Secretary of the Air Force International Affairs to develop procedures to meet partner-nation training requirements in a safe environment.

“We had to think outside the box while working with both our partner-nations and our U.S. training organizations,” said George Gagnon, the Director of International Training and Education at AETC headquarters. “This really was a collaboration to ensure we continued mission essential training in a safe way with our international partners.”

Mobile Training Teams are specialized training units that visit partner nations to conduct training. However, in addition to resuming in-country training, MTTs are now utilizing virtual capabilities.

“Using virtual options are proving successful in quality training for our international partners,” said Col Brian Afflerbaugh, AFSAT’s commander. “Our first virtual MTT was met with rave reviews while providing a sense of normalcy during a time of crisis.”

The Defense Institute for Medical Operations conducted the first recorded virtual MTT Aug. 3, 2020, during which instructors from San Antonio, Texas, virtually taught Mexican Air Force students on nursing leadership.

Additionally, 10 Airmen assigned to the 571st Mobility Support Advisory Squadron at Travis Air Force Base, California, departed July 4 for Latacunga, Ecuador. The team instructed Ecuadorian Air Force members on aircraft maintenance operations for a month before returning home in early August.



Courtesy photos

1) A U.S. Air Force Airman assigned to the 571st Mobility Support Advisory Squadron at Travis Air Force Base, California, instructs members of the Ecuadorian air force on aircraft maintenance operations July 28 in Latacunga, Ecuador, as part of Air Force Security Assistance and Training Squadron international partner training. 2) Airmen assigned to the 571st MSAS instruct members of the Ecuadorian air force on aircraft maintenance operations July 28 in Latacunga. Air Force international partner training resumed July 2020 under AFSAT after it was briefly halted in mid-March due to the COVID-19 pandemic. 3) An Airman assigned to the 571st MSAS at Travis instructs members of the Ecuadorian air force on maintenance operations July 28 in Latacunga, Ecuador, as part of AFSAT international partner training.

Currently, AFSAT has teams stationed in Jordan and Tunisia, and has plans to deploy at least 21 additional teams between now and December.

“MTT Airmen and civilians represent the U.S. Air Force and the nation to all our partner-nations from Niger to the Czech Republic,” said Chuck Bailey, the Director of Mission Support. “Continuing training during COVID-19 is a testament to ongoing collaboration.”

AFSAT reacted quickly at the onset of COVID-19 and synchronized a stop-movement for over a dozen teams, as well as coordinated the re-deployment of teams located around the world. To date, no team member has contracted COVID-19.

“The Mobile Training Team has been growing in popularity over the last decade,” said Afflerbaugh. “This can provide considerable flexibility and significant cost savings.”

Today, AFSAT deploys approximately 200 global MTTs annually. Headquartered at Joint Base San Antonio-Randolph, AFSAT trains over 8,700 international students from 155 different countries, with a training line value of \$10.2 billion annually.

Resources

From Page 4

enough to impact daily functioning, it may be time to assess your emotional health by completing a self-assessment.

You can take a free, anonymous and confidential mental health screening today at: helpyourselfhelpothers.org.

Screening results are educational, not diagnostic, but are provided so participants may find out quickly if a consultation with a mental health professional would be helpful.

During the COVID-19 pandemic, you may experience stress, fear, sadness and loneliness. Learning self-care strategies can help you take charge of your life and are good for your mental and physical health. A guiding principle that can help us all cope effectively during this time is to focus on what

we can control.

- Keep routines as much as possible. Maintaining structure and routine is critical because it reinforces order and predictability, and is something over which we have control.
- Stay connected. Identify

friends and family that you can check in with regularly. FaceTime, Skype, phone calls and other social media platforms can be a great way to connect family and friends.

- Take breaks from listening to the news. Constant news about COVID-19 from all types of media can heighten fears about the disease. It is important to stay informed, however, if you are noticing an impact on your mood/stress, it may be time to limit your exposure.
- Engage in self-care.

Participate in regular physical activity to reduce stress and improve mood. Eat healthy, nutritious foods and drink plenty of water. Avoid tobacco, alcohol and drugs. Get at least seven hours of sleep each night.

- Do what you can to protect yourself and your family, including excellent hygiene and social distancing practices. Wash your hands frequently and thoroughly, wear a mask when you venture out, and keep your distance from people you don't live with.

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days or weeks have turned into a clinical depression that you shouldn't try to address on your own? A consultation with a mental health professional is recommended when feelings or tendencies have become persistent and have affected you consistently for more than two weeks. Your initial phone call or email doesn't commit you immediately to treatment, so don't be afraid to reach out.

Getting support plays an essential role in coping with depression. Professional counseling services are available for the AMC workforce and their families.

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

Civilian employees may contact the Employee Assistance Program for free, confidential counseling services at 866-580-9078 or visit AFPC.af.mil/EAP.

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FAQ

From Page 2

confirm your identity and provide the highest levels of cyber security and safeguards of your health information, you will be required to complete a brief verification process. You will be provided 3 minutes to complete a 4 question quiz to verify your identity. Responses may include providing your DOD ID number (found on your military ID card), and some personal information including financial questions, past

addresses, etc.

- You will create your MHS Genesis Patient Portal password in the online registration process. Note: a new password will need to be created every 180 days.
- Once you have successfully created your DS Logon, click on “Upgrade to Premium Account” for premium access to view your health information.

◆◆◆
For questions on how to sign up for the Patient Portal, please call the Defense Manpower Data Center at (800) 538-9552.

Bass

From Page 7

“And it was because of that exposure, and the fear of jeopardizing his Air Force career, that led him to come forward with things he had done in the past.”

Reskey was served discharge papers for a fraudulent enlistment. However, his leadership saw what he’d been making of himself while wearing the uniform, she said.

“Had his leaders just accepted the black and white of policy, not seen his potential, not pushed for what they knew was right, and not brought Airman Reskey into my office four years ago, we would have lost out on such a strong Airman who simply needed an opportunity,” she said.

Since then, Reskey has earned Senior Airman Below the Zone, won awards, coached youth basketball, helped others in his community, mentored other Airmen to help them earn BTZ and deployed.

“He went from an at-risk youth to mentoring at-risk youth, and most importantly, a strong NCO (noncommissioned

officer) in our Air Force,” she said. “And when I asked him how his career was going, he simply stated the Air Force has been the best thing that’s ever happened to him.”

Bass said the Air Force needs to retain more strong Airmen like Reskey to be ready for future challenges in an era of contested domains.

“We must be ready for the high-end fight, and it will be our people who determine our readiness,” she said. “The Airmen of today will face challenges that none of us experienced. Our adversaries are quickly moving out to gain an advantage and to compete, and we cannot afford to stand idly by. We must move out with a sense of urgency, we must be agile and we must be ready.”

Bass echoed guidance from Chief of Staff of the Air Force Gen. Charles Q. Brown, Jr., as she said the Air Force must accelerate change, or lose. She added that to do that, the Air Force must modernize to better compete, deter and win.

“It will take our Total Force, with our nearly 700,000 Airmen, to win the future,” she said.

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Digital

From Page 5

that investigates and resolves issues with patient portal functionality, and also directs long-term strategy and communications for using the platform. He said additional e-Visit tools are planned to address other health concerns such as hypertension, diabetes, and asthma.

As DaLomba explained, beneficiaries access COVID-19 e-Visits by logging on to the MHS Genesis patient portal. They click on the "Appointments and e-Visits" tab and then "View Available e-Visits."

The next page takes beneficiaries to a COVID-19 questionnaire. Beneficiaries then click the "take now" button to complete it.

"The questionnaire uses

branching logic," DaLomba said. "The answer to one question will lead to another and so on, until the patient finishes the questionnaire." DaLomba said some questions are basic while others are more detailed, and the questionnaire takes about five minutes to complete.

After finishing the questionnaire, beneficiaries hit the "submit" button. This enables the secure transfer to the beneficiary's provider, who will review the responses. Either the provider or a member of the care team then will reach out to the beneficiary with instructions and additional information, usually within one business day.

"Possible additional information ranges from 'please continue living your life' to 'seek emergency care immediately,'" DaLomba said. "The

e-Visits eliminate the need for beneficiaries to immediately if at all see providers in person. And they've proven to be critical to ensuring continuity of care while keeping vulnerable patients as well as providers safe from possible COVID-19 exposure," DaLomba said.

Among the eight military medical treatment facilities with MHS Genesis, the number of e-Visits has an increased from an average of 3.1 visits per day in April to 13.3 visits per day in September, DaLomba said.

As the MHS is in the midst of a historic transformation to build a more integrated and effective system of readiness and health, MHS Genesis serves as a cornerstone of this effort. The new EHR provides enhanced, secure technology to manage beneficiaries' health information.

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Rainfield

From Page 6

the system correctly set up.

"We are now able to instantly adjust the operating parameters from a single computer in the control room," Sinkovec said. "Both our setup time and total water usage should be greatly reduced. The control system also has numerous sensors monitoring and logging the performance of the rainfield in real time. We can now precisely identify any part of the system that is not within specifications and quickly dispatch personnel to correct the problem."

The TRMC project team also constructed an on-site lab to study how closely the artificial Holloman AFB rain matches different types of natural rainfall. Mariana Scott, Integration Innovation, Inc. (i3) meteorologist, has been working with the 846 TS engineering team to explore how data from the rain lab will translate into improved

capabilities on the test track.

"The distribution of rain-drop sizes can vary significantly depending (upon) atmospheric conditions," Scott said. "The old rainfield was able to produce drop distributions representative of a narrow set of atmospheric conditions. We reviewed weather from all across the globe and also talked with several test customers. That research told us that we needed to develop more options for future test customers."

Kody Gill, 846 TS rain lab engineer, has been using the research from Scott as a starting point for development work in the rain lab.

"The initial lab results look very promising," Gill said. "In just a few short months, we have been able to discover some critical parameters that greatly influence the drop distribution. We still have much to learn, but we plan to continue working in the lab over the course of the next year so we can fully understand all the sensitivities of the system."

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TAILWIND Classified

Deadlines

To place, correct or cancel an ad. To ensure publication, the advertiser must meet the current deadline schedule. In the event of a holiday, or unforeseen circumstances, advance deadlines may be in effect.

Classified In-Column Ads

Tailwind (Friday).....Wednesday 11am
Faxed and E-mailed Ads.....2 hours earlier than above deadline

Place An Ad 24 Hours A Day!

Phone: (707) 427-6936 Fax: (707) 425-5924

Email: drclass@dailyrepublic.net

How to Write An Ad

- Put yourself in the reader's shoes. What would you want to know about the product or service you are interested in? Be descriptive.
- Include a brand name, if available.
- List the features of your product or service. What makes it different from other items in the same category?
- Avoid abbreviations. They can abbreviate your results. (The Tailwind uses only standard abbreviations and requires proper punctuation.)
- Include the price.
- Include your phone number and the best times to call.

Upgrade Your Ad

These features, plus more, are available to make your ad stand out and get noticed:

LOOK Add this logo to your ad for \$1.00

Add a photo for only \$2.50 per week plus the cost of your ad (Commercial rate slightly higher.)

Where To Find An Ad

100 - Announcements	500 - Employment
200 - Real Estate	600 - Merchandise
275 - Commercial Prop.	675 - Pets, Farm & Garden
300 - Rentals	700 - Recreational Vehicles
400 - Bus. Op. & Financial	800 - Automotive

Copy Acceptance • Cancellations Payment • Adjustments

Copy Acceptance: The Tailwind reserves the right to classify all advertisements, to delete objectionable words or phrases or to edit or refuse any advertisement. Classified advertisements are accepted in good faith and must specify a bona fide offer. The Tailwind accepts only standard abbreviations and requires proper punctuation. Better results will be secured from ads that are easily read and understood.

Cancellations: Deadlines for ad cancellations are the same as those for placing ads. You will be billed only for the days your ad actually runs, unless it is a special rate package.

Payment: All ads are accepted subject to credit approval. (Some classifications must be pre-paid.) The Tailwind may require payment in full before accepting new ad copy or require cash with copy.

Adjustments: Please check your ad the first day it is published. The Tailwind is not responsible for errors after the first day. Publisher accepts no liability for errors or omissions. If you find an error, please call 427-6936 so we can make a correction and, if necessary, adjust your bill.



1) Nehemiah, son of Davion and Rejeya Miller, awaits transport to Hawaii's Tripler Army Medical Center during a specialized neo-natal care medical evacuation, Sept. 17 at Osan Air Base, Republic of Korea. The Millers, a family formerly assigned to Camp Humphreys in South Korea, will relocate to Hawaii to continue receiving the best care for their 25-week-old premature baby affected by birth complications. Members of the 60th Aeromedical Evacuation Squadron at Travis Air Force Base, California, were involved in the child's transfer. 2) Nehemiah awaits transport to Tripler during a specialized neo-natal care medical evacuation Sept. 17 at Osan. 3) Airmen from Kadena's 18th Aeromedical Evacuation Squadron, Fairchild's 92nd Air Refueling Squadron and Osan's 731st Air Mobility Squadron, collectively transport Nehemiah for a medical evacuation Sept. 17 at Osan. The Alabama Air National Guard also participated in the child's transfer.

Travis plays role in baby's ... TRANSPORT

U.S. Air Force photos by Senior Airman Noah Sudolcan



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Nursing

From Page 5

this updated policy recognizes that.”

The changes, which are outlined in an Air Force guidance memorandum signed Aug. 15, detail responsibilities and procedural steps to better enable commanders to align the needs of nursing mothers with mission requirements by supporting nursing mothers with a private, secure and clean area within unit facilities.

“Breastfeeding is incredibly important not only to the individual mother-baby dyad (care for the two individuals as a unit in the first three months post-partum), but also in the role it plays more broadly in the health of our women and children,” said Lt. Col. (Dr.) Larissa Weir, a physician and fellow of the American College of Obstetrics and Gynecology. “Policies which support breastfeeding and promote increased duration of breastfeeding are policies which promote the overall health and readiness of our force.”

Under the new policy, unit

commanders are required to meet the needs of breastfeeding women by identifying a private area as a lactation room within unit facilities. The room may be temporary or permanent, depending on needs and availability. Lactation rooms must be private, lockable from the inside, sanitary, and have access to refrigeration, hot and cold water and electrical outlets.

“Transitioning from maternity leave to work can be a difficult time,” said Tech. Sgt. Natalia Wood, aircraft maintenance Airman and Women’s Initiative Team member. “Having a dedicated, clean pumping space and a cold storage solution at work allowed me to harmoniously take care of my family and accomplish the mission. The Department of the Air Force’s continuous commitment to providing practical lactation spaces assures me the military cares about my family and my readiness.”

For more information, members may view the complete guidance by viewing the PDF at <https://bit.ly/2RTYmRP>.